

Please call sites for reservations at least 24 hours in advance. Suggested donation - \$3.75. Any additional contribution is greatly appreciated. No senior over 60 will be refused a meal due to lack of funds.

September 2018 Menu

SPECTRUM

COMMUNITY SERVICES, INC.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>CLOSED FOR LABOR DAY HOLIDAY</p> <p>Every Day Alternate: Chef's Salad: Chicken or Vegetarian Salads Available (Both salads are served with cheese and egg)</p>	<p style="text-align: right;">4</p> <p>Vegetable Medley Salad Beef Stew* WW Roll Oranges+</p>	<p style="text-align: right;">5</p> <p>Mock Crab and Egg Salad Served with Romaine Lettuce and Tomato+ WW Roll Strawberries+</p>	<p style="text-align: right;">6</p> <p>Garden Salad* Turkey and Vegetable Chili WW Roll Fruit Mix+ Oatmeal Raisin Cookie</p>	<p style="text-align: right;">7</p> <p>Minestrone Soup Chicken Quarter with an Apricot Glaze Cooked Spinach* Brown Rice Strawberries+</p>
<p style="text-align: right;">10</p> <p>Tomato Rice Soup Salisbury Steak Patty with Peppers and Gravy Rosemary Potatoes Oranges+</p>	<p style="text-align: right;">11</p> <p>Minestrone Soup Tuna Salad with Fruit and Nuts+* Whole Wheat Bread</p>	<p style="text-align: right;">12</p> <p>Hearty Vegetable Soup +* WW Spaghetti with Meat Sauce Seasoned Cauliflower + Seasonal Fresh Fruit</p>	<p style="text-align: right;">13</p> <p>Vegetable Medley Salad BBQ Pork on a WW Roll Steamed Spinach* Orange+</p>	<p style="text-align: right;">14</p> <p>Mushroom Barley Soup Chicken Dijon Lemon Seasoned Broccoli+ Brown Rice Apple</p>
<p style="text-align: right;">17</p> <p>Tossed Vegetable Salad Cheese Ravioli with Marinara Sauce Cantaloupe+*</p>	<p style="text-align: right;">18</p> <p>Pork with Pineapple Relish+ Green Beans with Italian Dressing Cabbage+ WW Roll Seasonal Fresh Fruit</p>	<p style="text-align: right;">19</p> <p>Stir Fry Beef with Snow Peas Carrots Brown Rice Strawberries+</p>	<p style="text-align: right;">20</p> <p>BBQ Chicken Sandwich with Lettuce, Tomato and Onion on a Wheat Bun Broccoli Cranberry Salad+ Banana <></p>	<p style="text-align: right;">21</p> <p>Beef Burger with Tomato, Lettuce and Onion on a Wheat Bun Potato Salad Oranges+</p>
<p style="text-align: right;">24</p> <p>Tossed Vegetable Salad Spinach Lasagna * WW Roll Seasonal Fresh Fruit +</p>	<p style="text-align: right;">25</p> <p>Mushroom Barley Soup Teriyaki Chicken Quarter Lemon Seasoned Broccoli * Brown Rice Applesauce +</p>	<p style="text-align: right;">26</p> <p>Lemon Baked Fish Pasta Primavera Carrots* WW Roll Oranges+</p>	<p style="text-align: right;">27</p> <p>Meatloaf with Gravy Steamed Herbed Potatoes Green Beans with Italian Dressing WW Roll Strawberries+</p>	<p style="text-align: right;">28</p> <p>Roast Turkey with Gravy Green Beans with Italian Rosemary Potatoes Dressing Cantaloupe+* WW Roll</p>

Meals are served with milk. Juice and soy milk available upon request. Menu subject to change without notice. Contact Info: Main kitchen (510) 785-1997 Program manager, Becky Bruno (510) 881-0300 x 222. Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Fremont Bank Foundation, Wells Fargo, Gillig Corp, PG&E and the City of Hayward.

