



DECEMBER 2018 LUNCH MENU

For reservations, call (510) 747-7503 at least one week in advance. Suggested donation: \$3.75. Guests may purchase a meal for \$6.00. Any additional contribution is greatly appreciated. No registered senior over 60 will be refused a meal due to lack of funds.

Mon	Tue	Wed	Thu	Fri
3 Mock Crab & Egg Salad Over Lettuce & Tomato + WW Roll Oranges+	National Cookie Day 4 Pork Carnitas Fruit Salad with Nuts +* Spanish Rice with Black Beans  Chocolate Chip Cookie	5 Baked Southwestern Fish Split Pea Soup Cooked Spinach + Brown Rice Cantaloupe +	6 Meatloaf with Gravy Mashed Potatoes Lemon Seasoned Broccoli + WW Roll Banana	7 Herb Baked Chicken Potato Cabbage Soup +* Carrots * Brown Rice Seasonal Fruit
BIRTHDAY LUNCH 10 Turkey and Vegetable Chili Tossed Vegetable Salad * WW Roll  Fruit Mix + Chocolate Cake	11 Baked Fish with Lemon Caper Sauce Tomato Florentine Soup Lemon Seasoned Broccoli+ WW Pasta, Seasonal Fruit	12 Paprika Chicken Bean Soup with Kale + Carrots *  WW Roll Apple	13 Spinach Lasagna + Garden Salad * WW Roll Seasonal Fruit	14 Cheese Ravioli with Marinara Sauce Chicken Endive Soup < > WW Roll Cantaloupe +
17 Beef Burger with Tomato, Lettuce and Onion on a Wheat Bun Lentil and Black Bean Soup Oranges +	18 Chicken Quarter with Apricot Glaze Minestrone Soup Cooked Spinach * Brown Rice Fruit Mix +	19 Lemon Baked Fish WW Penne Primavera Marinated Carrots * WW Roll Oranges +	20 Sweet & Sour Pork with Vegetables Garden Salad * Brown Rice Strawberries +	HOLIDAY LUNCH 21 Pot Roast with Gravy  Mashed Potatoes Southern Style Green Beans WW Roll, Fruit Mix + Banana Cream Pie
24 HOLIDAY 	25 HOLIDAY 	26 BBQ Pork on a WW Bun Vegetable Medley Salad Steamed Spinach * Fruit Mix +	27 Salisbury Steak Patty with Peppers and Gravy Tomato Rice Soup Rosemary Potatoes Oranges +	28 Baked Fish with Yogurt Sauce over Arugula Vegetable Bean Soup Carrots * WW Roll, Oranges +
31 HOLIDAY 	Jan. 1, 2019 HOLIDAY	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat	Everyday Alternative Option: Chef Salad • Choose Chicken or Vegetarian (both include egg and cheese)	1% Milk served each meal Substitution of soy milk or juice available upon request. Menu subject to change without notice.

Spectrum thanks the following organizations for their financial support:

Alameda County Area Agency on Aging, Fremont Bank Foundation, Wells Fargo, Gillig, and the City of Hayward.

Call sites directly for reservations. For other inquiries: Main kitchen (510) 785-1997 Program manager, Becky Bruno (510) 876-8807