

No senior over 60 will be refused a meal due to lack of funds. Suggested donation: \$3.75




April Menu



SPECTRUM

COMMUNITY SERVICES, INC.

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|---------------|---|---|--|--|
| 2 | 3 Split Pea Soup Southwestern Tilapia Brown Rice Cooked Spinach* Mandarin Oranges + | 4 | Easter Holiday Meal 5 Ham <> Rosemary Potatoes Broccoli/Cranberry Salad + WW Roll Applesauce+ Carrot Cake | 6 |
| 9 | 10 Chicken Quarters Pesto Potatoes and Green Beans + WW Roll Apple | 11 | 12 Vegetable Bean Soup Tilapia with Lemon Yogurt Sauce served on top of Arugula Carrots* WW Roll Orange + | 13 |
| 16 | 17 Meatloaf with Gravy Potatoes Brussel Sprouts + WW Roll Seasonal Fresh Fruit Banana Pudding | Birthday Celebration 18 | 19 Garden Salad * Moroccan Chicken Brown Rice Orange+ | 20 |
| 23 | 24 Pork Roast Green Beans with Italian Dressing Red Cabbage + Applesauce + WW Roll | 25 | 26 Cream of Vegetable Soup Chicken Cacciatore served on top of WW Spaghetti + Seasonal Fresh Fruit | 27 |
| 30 |  | Every Day Alternate: Chef's Salad: Chicken or Vegetarian Salads Available (Both salads are served with cheese and egg) | High Sodium <> Vitamin C Source + Vitamin A Source * LS=Low Sodium WW=Whole Wheat | Taking food home with you is done at your own risk. Be sure to eat within 30 min or refrigerate. Microwave: 2-3 min. on high. Oven: Preheat to 350, heat 10 min or until bubbly. Discard uneaten food after 2 days. |

Meals are served with milk. Juice and soy milk available upon request. Menu subject to change without notice. Call sites for reservations at least 24hours in advance

Contact Info: Main kitchen (510) 785-1997 Program manager, Jillian Schafer, RD (510) 881-0300 x 222

Spectrum thanks the following organizations for their wonderful financial support: Alameda County Area Agency on Aging, Fremont Bank Foundation, Wells Fargo, Gillig, PG&E, City of Hayward and YOUR generous donations!

