

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

JANUARY

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1</p>	<p>2</p> <p>Tomato Rice Soup Cheese Tortellini with Pesto Carrots * Fruit Mix +</p>	<p>3</p>	<p>4</p> <p>Tossed Vegetable Salad* Spinach Lasagna + Seasonal Fresh Fruit WW Roll</p>	<p>5</p>
<p>8</p>	<p>9</p> <p>Split Pea Soup Baked Southwestern Tilapia Cooked Spinach * Brown Rice Applesauce +</p>	<p>10</p>	<p>11</p> <p>Meatloaf with Gravy Brussel Sprouts+ Mashed Potatoes WW Roll / Orange + Banana Pudding</p>	<p>12</p>
 <p>15</p>	<p>16</p> <p>Chicken Gumbo with Okra Red Beans Brown Rice Applesauce +</p>	<p>18</p>	<p>18</p> <p>Cream of Spinach Soup * Chicken Quarter, BBQ sauce Green Beans with Italian Dressing WW Roll Orange +</p>	<p>19</p>
<p>22</p>	<p>23</p> <p>Baked Fish Orzo with spinach, chickpea and lemon Vegetable Blend WW Roll Orange +</p>	<p>24</p>	<p>25</p> <p>Tomato Rice Soup Beef Burger on a WW Bun Lettuce/Tomato/ Onion/Pickle Mandarin Orange+</p>	<p>26</p>
<p>29</p>	<p>30</p> <p>Hearty Vegetable Soup +* WW Spaghetti with Meat Sauce Seasoned Cauliflower + Seasonal Fresh Fruit</p>	<p>31</p>	<p>High Sodium <> Vitamin C Source + Vitamin A Source * LS=Low Sodium WW=Whole Wheat Every Day Alternate: Chef's Salad: Chicken or Vegetarian</p>	<p>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.</p>

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!

