



# March Lunch Menu

# SPECTRUM

COMMUNITY SERVICES, INC.

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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>Taking food home with you 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>	<p>High Sodium &lt;&gt; Vitamin C Source + Vitamin A Source * LS=Low Sodium WW=Whole Wheat Every day Alternative : Chef Salad: Chicken or Vegetarian</p>	1	<p>2</p> <p>Stir-Fried Beef w/ Sugar Snap Peas Seasoned Cauliflower+ Brown Rice Apple Yellow Cake</p> 	3
6	7	8	9	10
	<p>Mushroom Barley Soup Teriyaki Chicken Broccoli+ Brown Rice Seasonal Fresh Fruit Oatmeal Raisin Cookie</p>		<p>Spinach Mushroom Salad+* Sweet-Sour Pork Noodles w/Vegetables Seasonal Fresh Fruit</p>	
13	14	15	16	17
	<p>Vegetable Soup WW Crackers BBQ Pork Slider Pasta Salad w/ Vegetables Orange+</p>		<p>Tomato Florentine Soup* Baked Salmon w/a Lemon Caper Sauce Brussel Sprouts+ Seasonal Fresh Fruit</p>	<p><b>Happy St Patrick's Day</b></p>
20	21	22	23	24
	<p>Turkey Breast Cranberry Sauce Mashed Potatoes Carrots* WW Roll Fruit Mix+</p>		<p>Cream of Celery Soup WW Crackers Beef Burger on a WW Bun Served w/lettuce, tomato, onionmustard/mayo/ketchup Orange+</p>	
27	28	29	30	31
	<p>Lemon Baked Fish Marinated Carrots* Pasta Primavera WW Roll Orange+</p>		<p>Garden Salad w/Beans and Egg* Spinach Lasagna+ WW Roll Seasonal Fresh Fruit</p>	<p><b>Cesar Chavez Day</b></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, Safeway Foundation, PG&E, Cities of Hayward, Pleasanton, San Leandro, Union City and YOUR generous donations!

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