





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

May Lunch Menu

SPECTRUM

COMMUNITY SERVICES, INC.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Split Pea Soup Southwestern Tilapia Brown Rice Cooked Spinach* Cantaloupe + Older Americans Month	2 Hearty Vegetable Soup +* Chicken Salad served over Romaine Lettuce* WW Roll Seasonal Fresh Fruit	3 Vegetable Medley Salad Beef Stew* WW Roll Cantaloupe+	4 Lemon Baked Fish Pasta Primavera served on WW Penne Marinated Carrots* WW Roll Orange+	5 Cinco de Mayo Taco Soup <> Fruit Salad with Nuts+* Pork Carnitas <> Spanish Rice 
8 Tossed Vegetable Salad Butternut WW Penne with Chicken* Orange+ Oatmeal Cookie	9 Garden Salad* Sweet-Sour-Pork Brown Rice Strawberries +	10 Turkey Breast w/ Gravy and Cranberry Sauce Mashed Potatoes Carrots* WW Roll Fruit Mix+	11 Fruit Salad with Nuts+* WW Spaghetti with Meat Sauce Green Beans with Italian Dressing	12 Cream of Celery Soup Tossed Vegetable Salad* Tuna salad on WW Bread Strawberries+
15 Mother's Day Lunch Pasta Salad with Salmon Peas and Herbs served on Red Lettuce* WW Roll Orange + 	16 Garden Salad* Turkey Sloppy Joes + Seasonal Fresh Fruit	17 Hearty Vegetable Soup+* Baked Jerk Chicken + Seasoned Cauliflower + Brown Rice Seasonal Fresh Fruit Banana Cream Pie	18 Pork Roast Green Beans with Italian Dress. Red Cabbage + Applesauce + WW Roll	19 Beef Stir-Fry with Broccoli and Cauliflower + Brown Rice Apple
22 Garden Salad* Turkey Chili WW Roll Strawberries +	23 Tomato Florentine Soup Baked Salmon with a Lemon Caper Sauce WW Penne Pasta Brussel Sprouts+ Seasonal Fresh Fruit	24 Cream of Vegetable Soup Chicken Cacciatore served on top of WW Spaghetti + Seasonal Fresh Fruit	25 May Birthday Celebration Tri Color Pepper Steak with Bell Peppers and Zucchini+* Brown Rice Seasonal Fresh Fruit Key Lime Tart 	26 Minestrone Soup Chicken Breast with Apricot Glaze Cooked Spinach* Brown Rice Strawberries +
29 	30 Vegetable Bean Soup Salmon w/ Lemon Yogurt Sauce served on Arugula Carrots* WW Roll Orange +	31 Fruit Salad with Nuts +* Beef Ragu served over Whole Wheat Penne Pasta	<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 24 hours 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, Cities of Hayward, Pleasanton, San Leandro, Union City and YOUR generous donations!