





NOVEMBER

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

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	<p>High Sodium  Vitamin C Source + Vitamin A Source * LS=Low Sodium WW=Whole Wheat</p>	1	<p>2 Beef Stir-Fry with Broccoli and Cauliflower+ Spinach* Brown Rice Apple </p>	Birthday Celebration! 3
6	<p>7 Tossed Vegetable Salad Butternut WW Penne with Chicken* Mandarin Oranges+ Oatmeal Cookie</p>	8	<p>9 Vegetable Bean Soup Salmon with Lemon Yogurt Sauce served on top of Arugula Carrots* / WW Roll Mandarin Orange +</p>	10
13	<p>14 Garden Salad * Sweet-Sour-Pork cooked with carrots and snow peas Brown Rice Fruit Mix +</p>	15	<p>16 Meatloaf with Gravy Mashed Potatoes Brussel Sprouts + WW Roll Seasonal Fresh Fruit Banana Pudding</p>	17
20	<p>21 Tomato Florentine Soup Baked Salmon with a Lemon Caper Sauce WW Penne Pasta Brussel Sprouts+ Seasonal Fresh Fruit </p>	Holiday Meal 22	<p>23  Happy Thanksgiving</p>	24
27	<p>28 Lemon Baked Fish Pasta Primavera served on WW Penne Marinated Carrots* Roll Orange+</p>	29	<p>30 Pork Roast Green Beans Red Cabbage + Applesauce + WW Roll</p>	Every Day Alternate: Chef's Salad: Chicken or Vegetarian Salads Available (Both salads are served with cheese and egg)

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, City of Hayward and YOUR generous donations!