
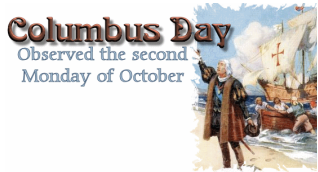



October Lunch Menu

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>
2	Last Day of Oktoberfest 3 Mushroom Barley Soup Bratwurst on a Bun <> Braised Red Cabbage + Potato Salad Apple Chocolate cake 	4	5 Hearty Vegetable Soup+* Baked Jerk Chicken + Creamy Cucumber Sauce Seasoned Cauliflower + Brown Rice Fresh Fruit	6
Spectrum Holiday 9  Columbus Day Observed the second Monday of October	10 Cream of Celery Soup Beef Burger on WW Bun with Lettuce, Tomato, Onion, and Pickles Orange+	11	12 Tossed Vegetable Salad* Spinach Lasagna + WW Roll Seasonal Fresh Fruit	October Birthday's 13
16	17 Garden Salad * Turkey with Maple Squash Puree* Whole Wheat Roll Fruit Mix + Brownie	18	19 Chicken Quarters Pesto Potatoes and Green Beans + WW Roll Apple	20
23	24 Meatloaf with Gravy Mashed Potatoes Brussel Sprouts + WW Roll Seasonal Fresh Fruit Banana Pudding	25	26 Garden Salad * Moroccan Chicken cooked with carrots, zucchini and chickpeas Brown Rice Orange+	27
30	Happy Halloween 31 Salmon with Chickpea Ragu* Lemon Seasoned Broccoli + WW Roll Seasonal Fresh Fruit 	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.	High Sodium <> Vitamin C Source + Vitamin A Source * LS=Low Sodium WW=Whole Wheat	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!

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