

# August 2017



No Senior over 60 will be refused a meal due to lack of funds.  
**SUGGESTED DONATION: \$3.75 - MEAL TICKETS \$35.00/10 MEALS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	August 1	August 2	August 3	August 4
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	<b>August Birthday Celebration</b>  Garden Salad* Turkey Chili WW Roll Fruit Mix + Oatmeal Raisin Cookie		Pork w/ a Pineapple Green Beans with Italian Italian Dressomg Cabbage+ WW Roll Seasonal Fresh fruit	
August 7	August 8	August 9	August 10	August 11
	Mock Crab and Egg  Salad w/ Nuts Romaine Lettuce*  Tomato  WW Roll  Orange+		Cream of Celery Soup  Beef Burger on a WW Bun Served with Lettuce, Tomato,  Onion, Pickle  Orang+	
August 14	August 15	August 16	August 17	August 18
	Chicken Endive Soup  Chicken Dijion Brussel Sprouts+  Brown Rice  Apple		Lentil and Black Bean Soup  Roasted Turkey with Gravy  Green Beans w/Italian Dres.  WW Roll  Canteloup  Chocolate Chip Cookie	
August 21	August 22	August 23	August 24	August 25
	Fruit with Nut Salad+*  Pork Carnitas  Spanish Rice and Black Beans+		Meatloaf w/Gravy  Brussel Sprouts+  Mashed Potatoes  Whole Wheat Roll  Seasonal Fresh Fruit  Banana Pudding	
August 28	August 29	August 30	August 31	
	Tomato Rice Soup Salisbury Steak Patty (peppers inside) with Gravy Mashed Potatoes Orange+		Split Pea Soup Baked Southwestern Tilapia Cooked Spinach* Brown Rice Cantaloupe+	Every Day Alternate: Chef's Salad:Chicken or Vegetarian Salad Available (Both Salads are Served with Cheese amd egg)  High Sodium <> Vitamin C Source + Vitamin A Source *  LS=Low Sodium

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, Cities of Hayward, Pleasanton, San Leandro, Union City and YOUR generous donations!