

February 2023

Reservations must be made in advance. To make a reservation, please call 510.747.7503.

Senior Rate: \$3.75 donation per meal

Any additional contribution is greatly appreciated

Mon	Tue	Wed	Thu	Fri
Hist	ORY	1 Veggie Stir Fry+* Broccoli+ Brown Rice Fruit	Ground Hog Day 2 Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll, Fruit+	3 Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice, Fruit
6 Roasted Chicken Pesto Potatoes & Green Beans+ WW Roll Fruit	7 Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit	8 Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit	9 Blackened Fish with Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit	NEW 10 Sweet & Sour Chicken* Asian Blend Veggies Brown Rice Fruit+
13 Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla Fruit	Valentine's Day 14 Cod w/Coconut Curry Sauce over Rice Pilaf Seasoned Cauliflower+ Carrots* Fruit Dessert	15 Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+	16 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	17 Pasta w/Marinara Sauce Brussels Sprouts+ House Salad Garlic Bread Fruit
HOLIDAY 20 HAPPY * * * * * * * * * * * * * * * * * *	21 Asian Veggie Curry* Broccoli+ Brown Rice Fruit	22 Baked Cod with Melted Leeks Sauce* over Couscous Turmeric Lentil Lemon Soup+ Fruit	Nat'l Chili Day23Turkey ChiliVegetable Medley Salad*CornbreadFruit +	<> 24 Chili Verde Chicken *+ w/WW tortilla on the side Pinto Beans Corn Fruit
27 Chicken Leek Pie* with a Biscuit Tossed Vegetable Salad* Fruit+	NEW28Turkey Burger on WW Bunw/Lettuce, Tomatoes,Pickles & OnionsSweet Potato Tots*Fruit+		1% Milk served each meal Menu subject to change without notice.	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ≪∕ = Vegetarian Day

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Cities of Hayward, San Leandro & Union City, Eden Health District, and Rotary Clubs of Hayward, Castro Valley and Oakland 3. For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Becky Bruno: BBruno@SpectrumCS.org