



SPECTRUM COMMUNITY SERVICES, Inc.

Senior Meals Program

February 2015

No Senior over 60 will be refused a meal due to lack of funds.

SUGGESTED VOLUNTARY DONATION: \$3.75 - MEAL TICKETS \$35.00/10 MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 2	February 3	February 4	February 5	February 6
Soup and Salad Lunch Cream of Spinach Soup+* Greek Salad w/ Chicken Tomatoes, Olives and Feta Cheese+* Whole Wheat Pita Peaches	Garden Salad+* Breaded Pollock w/Tartar Sauce & Lemon Steamed Brown Rice Zucchini with Herbs and Peppers+ Apricot Halves*	Salsibury Steak with Homemade Gravy Buttered Spinach+* Whole Wheat Bread Chocolate Pudding with Berries	Caesar Salad with Croutons+ Vegetarian Lasagna Chard+* Seasonal Fresh Fruit	Tomato Barley Soup+ Roast Chicken with Mushroom Gravy Rice Pilaf Vegetable Blend Citrus Salad
February 9	February 10	February 11	February 12	February 13
Pork Sandwich <> Potato Salad Green Beans Orange Slices+	Baked WW Penne w/ Cheese and Turkey+ Three Bean Salad with Onions, Peppers & Vinaigrette Carrot Coins* Pear Halves	Baked Fish Filet with Creole Sauce Brown Rice Buttered Cauliflower with Herbs Spinach Salad with Tomatoes+* Red Grapes	Pork Loin with Gravy Mashed Potatoes Italian Vegetable Blend Whole Wheat Roll Apricots* 	Happy Valentine's Day!  Chicken Cacciatore w/ Whole Wheat Linguine Garden Salad+* Broccoli Spears+* Mandarin Oranges+ Ice Cream
February 16	February 17	February 18	February 19	February 20
President's Day 	Minestrone Soup+ Mock Crab Salad over Romaine with Fresh Vegetables+* Fresh Apple Whole Wheat Bread	Romaine with Beets & Tomatoes+ Hearty Beef Stew with Carrots and Potatoes* Whole Wheat Roll Sunshine Salad+*	Romaine Salad w/ Red Peppers and Tomatoes with Vinaigrette+ Chicken Alfredo over Whole Wheat Spaghetti Mixed Vegetables* Pineapple Chunks+	Sloppy Joe on a Whole Wheat Bun Pea Salad over Mixed Greens+ Marinated Tomatoes+ Peaches
February 23	February 24	February 25	February 26	February 27
Turkey Tostadas with Cheese, Lettuce & Salsa Black Beans Seasoned Brown Rice Seasonal Fresh Fruit	Lentil and Carrot Soup+* Roast Turkey Sandwich on Whole Wheat Bread w/ Lettuce and Tomato+ Coleslaw+ Seasonal Fresh Fruit	Spring Mix w/ Tomatoes Cabbage & 1000 Island+ Herbed Chicken Quarters Lemon Orzo Orange Glazed Carrots* Fresh Orange+	Birthday Lunch Corn & Vegetable Chowder Tuna Pasta Salad w/ Fresh Herbs over Romaine & Tomatoes+ Seasonal Fresh Fruit Chocolate Cake 	Spinach Salad with Carrots and Ranch+* Pork Tenderloin with Tropical Fruit Sauce Herbed Yukon Gold Potatoes Fruit Salad+ Whole Wheat Roll
		High Sodium <> Vitamin C Source + Vitamin A Source * WW= Whole Wheat	Every Day Alternate: Chef's Salad (Chicken or Vegetarian) <i>Hamburger or Veggie Burger Available on Soup Days</i>	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

2621 Barrington Court, Hayward, CA 94545, Samantha Finkelstein, RD-Program Manager (510) 881-0300 x 222 Tina-Kitchen (510)785-1997

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, San Leandro, Union City and YOUR generous donations!

***Call for reservations 24hrs. in advance. Menu subject to change without notice.**



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