



SPECTRUM COMMUNITY SERVICES, Inc.
Senior Nutrition and Activities Program

March 2014



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 March 3	TUESDAY March 4	WEDNESDAY March 5	THURSDAY March 6	FRIDAY March 7
Chicken A La King+ w/Mushrooms, Peppers over White Rice Broccoli+* Ambrosia Salad	Spinach Salad w/ Beans, Carrots, and Ranch+* Open-Face, Hot Turkey Sandwich on Wheat Bread with Gravy Mashed Potatoes Fresh Canteloupe+*	Spring Vegetable Soup*+ Breaded Pollack w/ Tartar Sauce & Lemon Macaroni Salad Pears	Mixed Green Salad w/ Vinaigrette+ Meat Lasagna Buttered Greens+* Seasonal Fresh Fruit	Pork Loin w/ Homemade Gravy Red Potatoes+ Spinach Salad+* Apricot Halves* Whole Wheat Roll
March 10	March 11	March 12	March 13	March 14
VIP Luncheon Caesar Salad w/CROUTONS, Parmesan, and Tomato+ Beef Ravioli with Marinara Sauce Brussels Sprouts+ Fresh Banana	Turkey Taco Salad over Romaine Lettuce with Jack Cheese Corn Chips Black Bean & Corn Fresh Melon+	Cream of Broccoli+ Mock Crab Salad on Bed of Romaine w/ Fresh Vegetables & Tomatoes+ Bran Muffin Pear Halves	Tossed Green Salad w/ Tomato, Red Onion & Raspberry Dressing+ Beef Stroganoff with Parslied Egg Noodles Green Beans w/Almonds Fresh Grapes	Spring Mix with Tomatoes, Cabbage and Thousand Island+ Herbed Chicken Quarters Rice Pilaf Orange Glazed Carrots* Seasonal Fresh Fruit
March 17	March 18	March 19	March 20	March 21
ST PATRICK'S DAY Corned Beef w/ Mustard <> Cabbage+ Yukon Gold Potatoes Whole Wheat Roll Lime Sherbet Seasonal Fresh Fruit	Orange Glazed Chicken Quarters Potato Salad Mixed Vegetables+* Peaches Whole Wheat Bread	SOUP & SALAD LUNCH! Chicken and Rice Soup Greek Salad with Chickpeas and Feta Over Romaine Lettuce Whole Wheat Pita Bread Sunshine Salad+*	Chef's Salad w/ Romaine Veggies & Sliced Egg+* WW Spaghetti with Meat Sauce+ Green Beans Seasonal Fresh Fruit	Baked Fish Filet with Peppers, Onions and Tomatoes+ Yukon Gold Potatoes Carrot Coins* Honeydew Melon+ Whole Wheat Crackers
March 24	March 25	March 26	March 27	March 28
VIP Luncheon Mixed Greens w/ Carrots Beets and Ranch* Shrimp and Sausage Jambalaya Red Beans & Brown Rice Fresh Apple	Carrot and Lentil Soup Chicken Salad Sandwich on a Whole Wheat Bun Oil & Vinegar Coleslaw+* Seasonal Fresh Fruit	Homemade Meatloaf with Gravy Parslied Red Potatoes Broccoli Spears+* Whole Wheat Bread Pineapple Chunks+	Spinach Salad with Mandarin Oranges and Almonds+* Sweet and Sour Pork Stir-Fry *+ WW Garlic Noodles Apple Sauce	March Birthdays! Salsibury Steak with Homestyle Gravy Mashed Potatoes Spinach Salad+* Apple Juice with Vit C+ Carrot Cake
March 31			<i>Every Day Alternate:</i> <i>Chef's Salad (Regular, All Chicken, All Ham, or Vegetarian)</i> <i>Hamburger or Veggie Burger Available</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, Tara Marino, 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, Safeway Foundation, PG&E, Cities of Hayward, Pleasanton, San Leandro, Union City and YOUR generous donations!

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