

SPECTRUM COMMUNITY SERVICES, Inc.

Senior Nutrition and Activities Program

May 2014

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
			May 1	May 2
<p>Taking food home with you done at your own risk. Be sure to eat within 30 min. or refrigerate.</p> <p>Microwave: 2-3 min. on high.</p> <p>Oven: Preheat to 350, heat 10 min or until bubbly</p> <p>Discard uneaten food after 2 days</p>	<p>Every Day Alternate: <i>Chef's Salad (Regular, All Chicken, All Ham, or Vegetarian)</i></p> <p><i>Hamburger or Veggie Burger Available on <u>Soup Days</u>.</i></p>		<p>Noodle and Beef Casserole Carrot Coins* Romaine with Cucumbers and Italian Dressing+ Fresh Orange+</p>	<p>Lentil & Carrot Soup W/ Wheat Crackers Pork Tenderloin w/ Fruit Chutney Yukon Gold Potatoes Fresh Melon+ Whole Wheat Bread with Butter</p>
May 5	May 6	May 7	May 8	May 9
 <p>CELEBRATION Pork Fajitas with Peppers, Onions, and Tomatoes in a Tortilla Seasoned Pinto Beans Flan Banana</p>	<p>Garden Salad+ Breaded Pollock with Tartar Sauce Brown Rice Green Beans Watermelon+*</p>	<p>Vegetable Tortilla Soup Chicken Pasta Salad w/ Fresh Herbs Served on a bed of Romaine and Carrots+* Strawberry Shortcake+</p>	<p>Spinach Salad with Almonds & Blueberries+* Stuffed Cabbage Roll with Creole Sauce+<> Parslied Red Potatoes Apple Turnover</p>	<p>Mother's Day Luncheon Homemade Meatloaf with Gravy Mashed Potatoes Spinach Salad with Tomato, Homemade Vinagrette+* Whole Wheat Roll Seasonal Fresh Fruit</p>
May 12	May 13	May 14	May 15	May 16
<p>Split Pea Soup* Whole Wheat Spaghetti with Meat Sauce+ Broccoli Spears+* Pear Halves</p>	<p>Creamy Chicken Tortellini Soup with Kale Whole Wheat Crackers Garden Salad w/ Tomatoes and Vinaigrette+ Chocolate Pudding with Sliced Bananas</p>	<p>Asian Noodle Soup with Vegetables Sweet and Sour Pork with Mixed Vegetables+* Steamed Brown Rice Pineapple Chunks+</p>	<p>Romaine Salad with Tomato & Cucumber with Italian Dressing+ Meat Ravioli with Marinara Sauce+ Calif. Blend Vegetables+* Fresh Apple Slices</p>	<p>Spring Mix with Tomatoes, Cabbage and Thousand Island+ Herbed Chicken Quarters Orzo Pasta with Peas & Carrots* Seasonal Fresh Fruit</p>
May 19	May 20	May 21	May 22	May 23
<p>Cream of Mushroom Soup with Vegetables Ginger Orange Beef w/ Carrots & Sweet Red Peppers+* Brown Rice Tropical Fruit Cocktail</p>	<p>Chicken Caccitore with Vegetables and Whole Wheat Penne+ Marinated Vegetables on Mixed Greens* Warm Apricot Dessert*</p>	<p>Spinach Salad+ Open Face Turkey Sandwich on Wheat Bread with Gravy Mashed Potatoes Carrot and Pineapple Salad+*</p>	<p>Chicken Gumbo Soup with Okra* Macaroni & Cheese w/ Broccoli Sauteed Zucchini with Sweet Red Peppers+ Fresh Grapes</p>	<p>Romaine Salad w/ Sweet Peppers & Cucumbers 1000 Island Dressing+ Chicken Breast W/ Alfredo Sauce over Whole Wheat Penne Steamed Broccoli+* Apricot Halves*</p>
May 26	May 27	May 28	May 29	May 30
<p>Memorial Day Holiday</p> 	<p>Memorial Day Luncheon BBQ Chicken Quarter<> Greens+* Potato Salad Corn Bread Vanilla Ice Cream Strawberries+</p>	<p>Vegetable Soup+ Tuna Noodle Casserole w/Whole Wheat Pasta Caesar Salad with Tomatoes+ Fresh Tangerine+</p>	<p>Vegetable Tortilla Soup Turkey Soft Tacos w/ Lettuce, Chopped Tomato, & Sour Cream Black Beans & Brown Rice Fresh Berries & Melon+</p>	<p>Birthday Celebration Pork Chops with Mustard Sauce Greens+* Yukon Gold Potatoes Apple Sauce Chocolate Cake</p>

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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. Thank you.**