



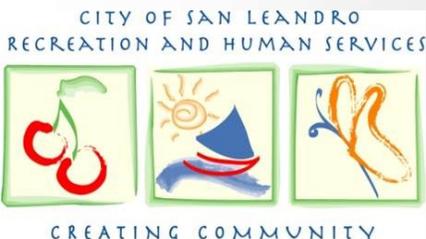
# Senior Community Center

## Benefits of our Program:

- ◆ Enjoy a healthy meal planned by our Registered Dietitian
- ◆ Socialize with other seniors in a welcoming environment
- ◆ Our meals provide at least 1/3 of your Recommended Daily Allowance (RDA) including fruits and vegetables rich in Vitamin A & C

**Volunteers  
are always  
needed**

Reservation required.  
Please call  
**510-825-9793**  
at least one day in  
advance



## Come Join Us for Lunch Monday through Friday.

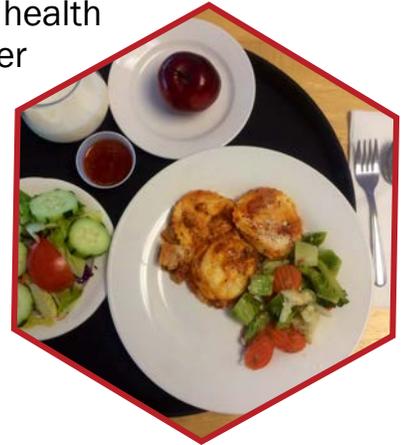
**Mon., Tues., Thurs., Fri. at noon**

**Wed. at 11:45am**

Spectrum Community Services serves freshly prepared, nutritious, affordable meals to Seniors 60 years of age and older to improve their health and the quality of their lives at over 28 meal sites throughout Alameda County.

### Location:

San Leandro  
Senior Community Center  
13909 East 14th Street  
San Leandro, CA 94578



### Donations Greatly Appreciated

Voluntary Donation of \$3.75 for Seniors 60+  
\$6.00 Non-senior Fee

**No Senior 60 and over will be turned away  
due to lack of funds.**

Spectrum thanks the following organizations for their wonderful financial support, Alameda County Area on Aging, Fremont Bank Foundation, Wells Fargo, Gillig, Safeway Foundation, PG&E, Comcast, Cities of Hayward, San Leandro, Union City and YOUR generous donations!



“IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT'S DONE.”

# SPECTRUM COMMUNITY SERVICES, Inc.

Senior Meals Program



## February 2016



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

San Leandro Senior Community Center  
13909 East 14th Street  
San Leandro, CA 94578  
(510) 825-9793

Call 24 Hours in Advance to Reserve  
Mon, Tue, Thurs and Fri: Lunch 12:00 pm  
Wednesdays: Lunch 11:45 am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
February 1	February 2	February 3	February 4	February 5	
<b>Soup and Salad Lunch</b> Cream of Spinach Soup+* <b>Greek Salad w/ Chicken Tomatoes, Olives and Feta Cheese+*</b> Whole Wheat Pita Peaches	Garden Salad+* <b>Baked Salmon w/Dill &amp; Lemon</b> Steamed Brown Rice Zucchini with Herbs and Peppers+ Warm Apricot Dessert*	<b>Salsibury Steak</b> with Homemade Gravy Buttered Spinach+* Whole Wheat Bread Chocolate Pudding with Berries	Caesar Salad with Croutons+ <b>Vegetarian Lasagna</b> Kale+* Seasonal Fresh Fruit	<b>Happy February Birthdays!</b> Tomato Barley Soup+ <b>Roast Chicken with Mushroom Gravy</b> Brown Rice Vegetable Blend  Citrus Salad Cake	
February 8	February 9	February 10	February 11	February 12	
<b>Lincoln's Birthday</b> 	<b>Baked WW Penne w/ Cheese and Turkey+</b> Three Bean Salad with Onions, Peppers & Vinaigrette Carrot Coins* Pear Halves	Vegetable Soup <b>Baked Fish Filet with Creole Sauce</b> Brown Rice Spinach Salad with Tomatoes+* Red Grapes	<b>Pork Loin with Gravy</b> Mashed Potatoes Italian Vegetable Blend Whole Wheat Roll Fresh Seasonal Fruit 	<b>Happy Valentine's Day!</b>  <b>Chicken Cacciatore w/ Whole Wheat Linguine</b> Garden Salad+* Broccoli Spears+* Mandarin Oranges+ Ice Cream <i>Lunch in Arts &amp; Crafts Room</i>	
February 15	February 16	February 17	February 18	February 19	
<b>President's Day</b> 	Minestrone Soup+ <b>Mock Crab Salad</b> over Romaine with Fresh Vegetables+* Fresh Apple Whole Wheat Bread	Spring Mix w/ Tomatoes Cabbage & 1000 Island+ <b>Herbed Chicken Quarters</b> Lemon Orzo Orange Glazed Carrots* Fresh Orange+	Romaine Salad w/ Red Peppers and Tomatoes with Vinaigrette+ <b>Chicken Alfredo over Whole Wheat Spaghetti</b> Mixed Vegetables* Pineapple Chunks+	<b>Sloppy Joe on a Whole Wheat Bun</b> Pea Salad over Mixed Greens+ Marinated Tomatoes+ Peaches	
February 22	February 23	February 24	February 25	February 26	
<b>Turkey Tostadas with Cheese, Lettuce &amp; Salsa</b> Black Beans Seasoned Brown Rice Fresh Orange	Lentil and Carrot Soup*+ <b>Roast Turkey Sandwich on Whole Wheat Bread</b> w/ Lettuce and Tomato+ Coleslaw+ Seasonal Fresh Fruit	Romaine with Beets & Tomatoes+ <b>Hearty Beef Stew with Carrots and Potatoes*</b> Whole Wheat Roll Sunshine Salad+*	<b>Black History Month Lunch</b> <b>BBQ Chicken Quarters&lt;&gt;</b> Collard Greens Black Eyes Peas Corn Bread Peach Cobbler	Corn & Vegetable Chowder <b>Tuna Pasta Salad w/ Fresh Herbs over Romaine &amp; Tomatoes+</b> Fresh Cantaloupe	
February 29			High Sodium <> Vitamin C Source + Vitamin A Source * WW= Whole Wheat 	<b>Every Day Alternate:</b> Chef's Salad (Chicken or Vegetarian) <i>Hamburger or Veggie Burger Available on Soup Days</i>	<b>Taking food home with you done at your own risk. Be sure to eat within 30 min. or refrigerate.</b> Microwave: 2-3 min. on high. <b>Oven: Preheat to 350, heat 10 min or until bubbly</b> 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.**