



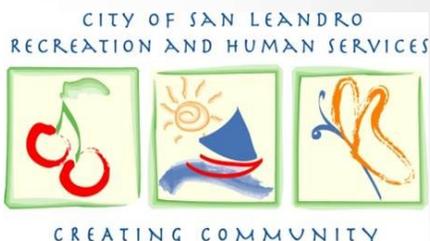
# Senior Community Center

## 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**

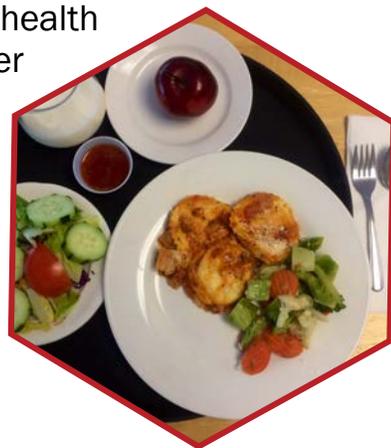
Reservation required.  
Please call  
**510-825-9793**  
at least one day in  
advance



## 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!



**SPECTRUM COMMUNITY SERVICES, Inc.**  
Senior Nutrition and Activities Program

**March 2016** 

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

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
March 1	March 2	March 3	March 4	March 5
<p><b>Every Day Alternate:</b> Chef's Salad (Chicken or Vegetarian) Hamburger or Veggie Burger Available on <u>Soup Days</u>. High Sodium &lt;&gt; Vitamin C Source + Vitamin A Source *</p>	<p><b>Turkey Taco Salad over Romaine Lettuce with Jack Cheese+</b> Corn Chips Black Bean &amp; Corn Salad Fresh Diced Melon+</p> <p><i>Mobility &amp; Transit Workshop and Fair 10:00am-1:00pm -Main Hall B</i></p>	<p>Hearty Vegetable Soup+* <b>Orange Glazed Chicken Quarter</b> Mixed Vegetables+* Brown Rice Peaches</p>	<p>Mixed Green Salad w/ Vinaigrette* <b>Meat Lasagna</b> Buttered Greens+* Fruit Salad</p>	<p>Garden Salad+* <b>Teriyaki Chicken</b> Green Cabbage + Brown Rice Mandarin Oranges +</p>
March 7	March 8	March 9	March 10	March 11
<p>Romaine with Beets and Tomatoes + <b>Hearty Beef Stew with Carrots and Potatoes*</b> Whole Wheat Roll Tapioca Pudding with Berries</p>	<p><b>Pork Loin with Gravy</b> Red Potatoes+ Italian Vegetable Blend Whole Wheat Roll Apricots*</p>	<p>Spring Mix with Tomatoes, Cabbage and Thousand Island+* <b>Herbed Chicken Quarters</b> Rice Pilaf Orange Glazed Carrots* Seasonal Fresh Fruit</p>	<p>Tossed Green Salad w/ Tomato, Red Onion &amp; Raspberry Dressing+* <b>Beef Stroganoff with Parslied Egg Noodles</b> Green Beans w/ Almonds Apple Homemade Brownie</p>	<p>Vegetable Tortilla Soup <b>Chicken Enchiladas with red sauce</b> Rice w/ beans, peppers and Onions +* Fresh strawberries Flan*</p>
March 14	March 15	March 16	March 17	March 18
<p><b>Beef and Broccoli Stir-Fry w/ Cashews+*</b> Asian vegetable blend Rice Peaches w/ whip cream</p>	<p>Chef's Salad w/ Romaine Veggies &amp; Sliced Egg+* <b>Whole Wheat Spaghetti with Meat Sauce+</b> Green Beans Seasonal Fresh Fruit</p>	<p><b>SOUP &amp; SALAD LUNCH!</b> <b>Chicken and Rice Soup+*</b> <b>Greek Salad with +*</b> <b>Chickpeas and Feta Over Romaine Lettuce</b> Whole Wheat Pita Bread Sunshine Salad+*</p>	<p><b>ST PATRICK'S DAY</b> <b>Corned Beef w/ Mustard&lt;&gt;</b>  Cabbage+ Yukon Gold Potatoes Whole Wheat Roll Lime Sherbet Seasonal Fresh Fruit</p>	<p><b>Chicken A La King w/ Mushrooms &amp; Peppers</b> Broccoli +* Egg Noodles Heavenly Ambrosia+</p>
March 21	March 22	March 23	March 24	March 25
<p><b>Baked Salmon w/ Corn Relish</b> Broccoli+* Whole Wheat Roll Chocolate Chip Cookie Seasonal Fresh Fruit</p>	<p><b>March Birthdays!</b> Romaine Salad with Peppers and Cucumbers <b>Chicken Breast with Alfredo Sauce</b> Whole wheat Linguine Mandarine oranges +* Green Beans  Chocolate Cake</p>	<p><b>Salsibury Steak with Homestyle Gravy</b> Mashed Potatoes + Broccoli Spears+* Pineapple Chunks+ Dinner Roll</p>	<p>Spinach Salad with Mandarin Oranges and Almonds+* <b>Sweet and Sour Pork Stir-Fry +*</b> Steamed Snow Peas WW Garlic Noodles Vanilla Ice Cream</p>	<p>Minestrone Soup+* <b>Roasted chicken w/ Mushroom Gravy</b> Red Potatoes+ Whole Wheat Roll Apricot Halves * </p>
March 28	March 29	March 30	March 31	
<p>Spinach Salad w/ Beans, Carrots, and Ranch* <b>Open-Face, Hot Turkey Sandwich on Wheat Bread with Gravy</b> Mashed Potatoes+ Fresh Diced Cantaloupe+*</p>	<p>Tomato &amp; Barley Soup <b>Tortellini Salad with Chicken &amp; Vegetables*</b> Fresh Orange+ Chocolate Pudding</p>	<p>Corn Chowder+ <b>Beef Burger on a Whole Wheat Bun with Lettuce and Tomato</b> Pineapple Cabbage slaw+ Sunshine Salad+*</p>	<p><b>HOLIDAY</b> <b>CESAR CHAVEZ DAY</b></p>	<p>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 within 2 days.</p>

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

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