

SPECTRUM COMMUNITY SERVICES, Inc.

Senior Nutrition and Activities Program

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				April 1
<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 after 2 days</p>	<p>Every Day Alternate: <i>Chef's Salad</i> <i>Chicken or Vegetarian)</i></p> <p><i>Hamburger or Veggie Burger Available on <u>Soup Days</u>.</i></p>	<p>High Sodium <> Vitamin C Source + Vitamin A Source * Vitamin C & A Source +* LS=Low Sodium WW=Whole Wheat</p>		 <p>Lentil & Carrot Soup Pork Tenderloin w/ Fruit Chutney Yukon Gold Potatoes Fresh Melon+ Whole Wheat Bread</p>
April 4	April 5	April 5	April 7	April 8
<p>Corn Chowder + Tuna Pasta salad over Romaine Marinated Tomatoes+ Fresh Apple</p>	<p>Salsibury Steak w/Gravy Mashed Potatoes + Broccoli Spears +* Pineapple Chunks + Whole Wheat Roll</p>	<p>Vegetable Tortilla Soup Turkey Soft Tacos w/ Lettuce, Chopped Tomato, & Sour Cream Black Beans & Brown Rice Fresh Berries & Melon+</p>	<p>Chili Con Carne Garden Salad Corn Bread Banana</p> 	<p>Spring Mix w/ Tomatoes Cabbage, 1000 Island Dressing Herbed Chicken Quarters Orzo Pasta with Peas & Carrots* Seasonal Fresh Fruit Strawberry Shortcake</p>
April 11	April 12	April 13	April 14	April 15
<p>Pork Loin with Gravy Mashed Potatoes Italian vegetable blend Whole Wheat Roll Apricot Halves</p> 	<p>Creamy Chicken Tortellini Soup with Kale Garden Salad w/ Tomatoes Carrots and Red Onion and Vinaigrette+ Chocolate Pudding with Sliced Bananas</p>	<p>Vegetable Soup Chicken Pasta Salad w/ Fresh Herbs Served on a bed of Romaine and Carrots* Marinated Tomato Wedges Seasonal Fruit</p>	<p>Romaine Salad with Tomato & Cucumber with Italian Dressing+ Meat Ravioli with Marinara Sauce+ California Veggies+* Fresh Apple Slices</p>	<p>Minestrone Soup+* Mock Crab Salad on Romaine w/ Tomato* Vegetable Blend* Bran Muffin Tangerine+</p> 
April 18	April 19	April 20	April 21	April 22
<p>Romaine Salad w/ Sweet Peppers & Cucumbers 1000 Island Dressing+ Chicken Breast W/ Alfredo Sauce over Whole Wheat Linguine Broccoli Spears+* Mandarin Oranges +*</p>	<p>Homemade Meatloaf with Gravy Mashed Potatoes Spinach Salad with Tomato, Homemade Vinaigrette+* Apple Turnover</p>	<p>Asian Noodle Soup with Vegetables* Baked Salmon with Mixed Vegetables Steamed Brown Rice Fresh Tangerine+</p>	<p>Chicken Gumbo Soup with Okra* Macaroni & Cheese w/ Broccoli Sautéed Zucchini with Sweet Red Peppers+ Apricot Halves *</p>	<p>Noodle and Beef Casserole Carrot Coins* Romaine with Cucumbers and Italian Dressing+ Orange+</p> 
April 25	April 26	April 27	April 28	April 29
<p>Garden Salad +* Teriyaki chicken Brown Rice Green Cabbage+ Mandarine Oranges +</p>	<p>Hamburger w/ Lettuce and Tomato <> Greens+* Potato Salad Corn Bread Strawberries+</p>	<p>Split Pea Soup* Whole Wheat Spaghetti with Meat Sauce + Broccoli Spears + Pear Halves</p>	<p>April Birthdays! Chicken Caccitore with Vegetables and Whole Wheat Penne+ Marinated Vegetables on Mixed Greens* Fresh Orange Chocolate Cake</p>  <p>*Lunch in Arts & Crafts Room</p>	<p>Spinach Salad with Almonds and Mandarin Oranges+* Ginger Orange Beef w/ Carrots & Sweet Red Peppers+* Brown Rice Tropical Fruit Cocktail</p>

2621 Barrington Court, Hayward, CA 94545, Jillian Schafer, RD - Program Manager(510) 881-0300 x 222 Tina-Kitchen (510)784-0490

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!