

SPECTRUM COMMUNITY SERVICES, Inc.

Senior Nutrition Program

June 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
		June 1	June 2	June 3
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	High Sodium <> Vitamin C Source + Vitamin A Source * Vitamin C & A Source +* LS=Low Sodium WW=Whole Wheat	Split Pea Soup WW Crackers Baked Southwestern Tilapia Cooked Spinach * Brown Rice Cantaloupe +	Apricot Glazed Pork Tenderloin Parmesan Roasted Potatoes Carrots * Strawberries + WW Roll	Homemade Meat Loaf Brussel Sprouts + Mashed Potatoes WW Roll Apricots *
June 6	June 7	June 8	June 9	June 10
Cheese Tortellini with Pesto Sauce <> Lemon Seasoned Broccoli + Brussel Sprouts + WW Roll Canned Apricots *	Open Faced Hot Turkey Sandwich with Gravy Mashed Potatoes Carrots * Cantaloupe +	Happy June Birthdays  Stir-Fried Beef with Sugar Snap Peas Seasoned Cauliflower+ Brown Rice Apple Yellow Cake	Cream of Broccoli Soup + Herb Baked Chicken Carrots * Bulgur with Cranberries and Almonds Seasonal Fresh Fruit	Vegetable Soup WW Crackers BBQ Pork Slider <> Pasta Salad with Vegetables Orange +
June 13	June 14	June 15	June 16	June 17
Spinach Mushroom Salad + * Sweet-Sour Pork Noodles with Vegetables + Seasonal Fresh fruit	Hearty Vegetable Soup +* WW Crackers WW Spaghetti with a Meat Sauce Seasonal Fresh Fruit Blackberry Cobbler	Garden Salad + * Turkey Chili WW Roll Seasonal Fresh fruit Oatmeal Raisin Cookie	Tomato Florentine Soup WW Crackers Baked Salmon with a Lemon Caper Sauce Brussel Sprouts + WW Penne Pasta Seasonal Fresh Fruit	Cream of Spinach Soup * BBQ Chicken Thigh Barley and Black Bean salad Strawberries + Apple Pie 
June 20	June 21	June 22	June 23	June 24
Mock Crab Salad <> Served on Romaine* Lettuce with a Tomato WW Roll Orange * 	Tossed Vegetable Salad * Cheese Ravioli with <> Marinara Sauce Parmesan Cheese WW Roll Cantaloupe +	Fruit Salad with Nuts +* Pork Carnitas <> Spanish Rice and * Black Beans	Turkey Breast with Cranberry Sauce Parmesan Roasted Potatoes Carrots * WW Roll Fruit Mix +	Minestrone Soup WW Crackers Chicken Breast with an Apricot Glaze Cooked Spinach * Brown Rice Strawberries +
June 27	June 28	June 29	June 30	
Lentil and Black Bean Soup WW Crackers Roasted Turkey with Gravy Green Beans WW Stuffing Strawberries + Chocolate Chip Cookie	Pork with a Pineapple Relish Roasted Red Potatoes Cabbage + WW Roll Canned Apricots *	Chicken Endive Soup WW Cracker Chicken Dijon Brussel Sprouts + Brown Rice Apple	Vegetable Salad with Oil and Vinegar * Beef Stew * WW Roll Cantaloupe + Apple Cobbler	<i>Every Day Alternate:</i> <i>Chef's Salad:</i> <i>Chicken or Vegetarian</i> <i>Salads Available</i> <i>(Both salads are served with cheese, beans and egg)</i>

2621 Barrington Court, Hayward, CA 94545, Jillian Schafer, 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. Thank you.