

SPECTRUM COMMUNITY SERVICES, Inc.

Senior Nutrition Program

July 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
July 1				
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	<i>Every Day Alternate:</i> Chef's Salad: Chicken or Vegetarian Salads Available (Both salads are served with cheese, beans and egg)		Lemon Baked Fish Marinated Carrots * Pasta Primavera WW Roll Orange +
July 4	July 5	July 6	July 7	July 8
Happy 4th of July! 	Cream of Spinach Soup * BBQ Chicken Thighs Barley and Black Bean Salad Strawberries + Apple Pie 	Apricot Glazed Pork Tenderloin Parmesan Roasted Potatoes Carrots * Strawberries + WW Roll	Garden Salad with Beans and Egg +* Spinach Lasagna + WW Roll Seasonal Fresh Fruit	Cream of Vegetable Soup WW Crackers Chicken with a Cordon Blue Sauce Lemon Seasoned Broccoli + Brown Rice Canned Apricots *
July 11	July 12	July 13	July 14	July 15
Mushroom Barley Soup Teriyaki Chicken Seasoned Zucchini + Brown Rice Canned Apricots * Oatmeal Raisin Cookie	Tomato Rice Soup WW Crackers Salisbury Steak Patty made with Peppers Mashed Potatoes Gravy Orange Blueberry Pie	Vegetable Bean Soup WW Crackers Baked Salmon with a Lemon Yogurt Sauce Arugula Carrots * Half a WW Pita Orange + Brownie	Fruit Salad with Nuts +* Pork Carnitas <> Spanish Rice with * Black Beans	Corn Chowder Tuna Sandwich Garbanzo Bean Salad Orange +
July 18	July 19	July 20	July 21	July 22
Tossed Vegetable Salad * Cheese Ravioli with Marinara Sauce <> Parmesan Cheese WW Roll Cantaloupe +	Minestrone Soup WW Crackers Chicken Breast with an Apricot Glaze Cooked Spinach * Brown Rice Strawberries +	Turkey Breast Cranberry Sauce Parmesan Roasted Potatoes Carrots * WW Roll Fruit Mix +	Mock Crab Salad Romaine Lettuce * Tomato WW Roll Orange +	Homemade Meat Loaf Brussel Sprouts + Mashed Potatoes WW Roll Seasonal Fresh Fruit
July 25	July 26	July 27	July 28	July 29
Vegetable Soup WW Crackers BBQ Pork Sliders Pasta Salad with Vegetables Orange +	Garden Salad +* Turkey Chili WW Roll Oatmeal Raisin Cookie Seasonal Fresh Fruit	Happy July Birthdays! Stir-Fried Beef with Sugar Snap Peas Seasoned Cauliflower + Brown Rice Apple Yellow Cake 	Cream of Broccoli Soup + WW Crackers Herb Baked Chicken Carrots * Bulgur with Cranberries and Almonds Seasonal Fresh Fruit	Open Face Hot Turkey Sandwich with Gravy Mashed Potatoes Carrots * Cantaloupe +
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.				