

Every Day Alternate:
 Chef's Salad: Chicken
 or Vegetarian Salads
 (Both salads are
 served with cheese,
 beans and egg)

SPECTRUM COMMUNITY SERVICES, Inc.
 Senior Meals Program

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

August 2016

No Senior over 60 will be refused a meal due to lack of funds.

SUGGESTED VOLUNTARY DONATION: \$3.75 - MEAL TICKETS SUGGESTED VOLUNTARY DONATION \$35.00/10 me

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 1	August 2	August 3	August 4	August 5
Cream of Celery Soup WW Crackers Beef Burger on WW Bun with Avocado Lettuce, Tomato, Onion, Pickle Mustard/Mayo/Ketchup Orange + Citrus Jello	Bean Soup with Kale + WW Crackers Curried Chicken Salad Served on Romaine Lettuce * WW Roll Seasonal Fresh Fruit	Pork with a Pineapple Relish Roasted Red Potatoes Cabbage + WW Roll Seasonal Fresh Fruit Chocolate Cake	Open Faced Hot Turkey Sandwich with Gravy Mashed Potatoes Carrots * Cantaloupe +	Tri Color Pepper Steak with Bell Peppers and Zucchini +* Brown Rice Seasonal Fresh Fruit Key Lime Tart
August 8	August 9	August 10	August 11	August 12
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 Peach Cobbler	Hearty Vegetable Soup*+ WW Cracker Baked Jerk Chicken + with a Creamy Cucumber Dipping Sauce Jamaican Rice with Coconut Milk Seasonal Fresh Fruit Banana Cream Pie	Tomato Basil Soup WW Crackers Pasta Salad with Salmon Peas and Herbs served on Red Lettuce * WW Roll Orange + Cherry Cobbler	Ministrone Soup WW Crackers Chicken Breast with an Apricot Glaze Cooked Spinach * WW Roll Strawberries +
August 15	August 16	August 17	August 18	August 19
Vegetable Bean Soup WW Crackers Baked Salmon with a Lemon Yogurt Sauce on Arugula Carrots * Half WW Pita Orange +	August Birthdays! Chicken Quarters Pesto Potatoes and Green Beans + WW Roll Apple Banana Cake 	Fruit Salad with Nuts +* Pork Carnitas <> Spanish Rice with * Black Beans Flour Tortilla Sour Cream/Avocado	Split Pea Soup WW Crackers Baked Southwestern Tilapia Cooked Spinach * Brown Rice Cantaloupe +	Beef Stir-Fry with Broccoli and Cauliflower + <> Brown Rice Apple  Senior Community Center special free movie showing of Moneyball at 1:30pm
August 22	August 23	August 24	August 25	August 26
Cream of Broccoli Soup + WW Crackers Herb Baked Chicken Carrots * Bulgur with Cranberries and Almonds Seasonal Fresh Fruit Citrus Jello	Garden Salad with Beans and Egg +* Spinach Lasagna + <> WW Roll Seasonal Fresh Fruit 	Turkey with a Maple Squash Puree Wheat Berry Salad + served on top of Romaine Lettuce * WW Roll Seasonal Fresh Fruit	Chicken Endive Soup WW Cracker Chicken Dijon Brussel Sprouts + Brown Rice Apple Carrot Cake	Homemade Meat Loaf Gravy Brussel Sprouts + Mashed Potatoes WW Roll Seasonal Fresh Fruit Banana Pudding
February 29				
Garden Salad Salmon with a Chickpea Ragu * WW Roll Fruit Mix + 	Cream of Vegetable Soup WW Crackers Chicken with a Cordon Blue Sauce Lemon Seasoned Broccoli + WW Pasta Seasonal Fresh Fruit	Vegetable Salad with Oil and Vinegar * Beef Stew * WW Roll Cantaloupe + Apple Cobbler	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

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.



Memo

Date: July/August 2016
To: Meal Sites/Meal Participants
From: Jillian Schafer, RD
Re: Menu Feedback

I wanted to thank all of you for your feedback on the Cycle 1 menu. I have personally read all of the comment and I am currently making changes to improve the Cycle 2 Menu that will start in August.

Some of the change made to the Cycle 2 Menu include:

- New menu items have been added
- Previous menu items that were not liked by the participants have been taken out
- Garnishes will be provided to help improve plate presentation
- Additional condiments to round out the meal will be provided

Please note condiments (especially: salad dressing, ketchup, bbq sauce) are high in sodium. They are provided due to the request for these items yet are optional. If you prefer low sodium salad dressing (as previously provided), please ask your site. A few low sodium dressings will be provided.

Please don't hesitate to provide me with any additional feedback to help improve the meals served. Any comments are welcome.

Thanks again for all of your support and coming to Spectrum Community Services Senior Nutrition Program.