

SPECTRUM COMMUNITY SERVICES, Inc.

Senior Nutrition Program

September 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
			September 1	September 2
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 * LS=Low Sodium WW=Whole Wheat	Every Day Alternate: <i>Chef's Salad:</i> Chicken or Vegetarian Salads Available <i>(Both salads are served with cheese and egg)</i>	Lemon Baked Fish Pasta Primavera with WW Penne Marinated Carrots* WW Roll Orange + Yellow Cake 	Spinach Mushroom Salad +* Sweet and Sour Pork Brown Rice Seasonal Fresh Fruit
			New Moon	
September 5	September 6	September 7	September 8	September 9
	Mushroom Barley Soup WW Crackers Veggie Burger on a WW Bun Strawberries +	Turkey Breast with Cranberry Sauce WW Roll Parmesan Roasted Potatoes Carrots * Fruit Mix + Apple Pie	Hearty Veg Soup +* WW Crackers WW Spaghetti with a Meat Sauce Parmesan Cheese Seasonal Fresh Fruit Blackberry Cobbler	Vegetable Bean Soup WW Cracker Salmon with a Lemon Yogurt Sauce on Arugula Carrots * Half of a WW Pita Orange +
September 12	September 13	September 14	September 15	September 16
Open Face Turkey Sandwich with Gravy Mashed Potatoes Carrots * Cantaloupe +	Tossed Vegetable Salad * Butternut WW Penne with Chicken * Orange + Oatmeal Cookie	Tri Color Pepper Steak with Bell Peppers and Zucchini +* Brown Rice Seasonal Fresh Fruit Key Lime Tart	Garden Salad * Thousand Island Dressing Spinach Lasagna + WW Roll Seasonal Fresh Fruit	Cream of Vegetable Soup WW Crackers Chicken with a Cordon Blue Sauce WW Spaghetti Lemon Seasoned Broccoli + Seasonal Fresh Fruit
September 19	September 20	September 21	September 22	September 23
Cream of Celery Soup WW Crackers Beef Burger on a WW Bun Orange + Orange Jell-0	Pork with a Pineapple Relish Braised Red Cabbage+ WW Roll Seasonal Fresh Fruit Chocolate Cake September Birthday Celebration 	Garden Salad with Beans and Egg * Salmon with Chickpea Ragu WW Roll Fruit Mix +	Minestrone Soup WW Crackers Chicken Breast with an Apricot Glaze+ Cooked Spinach * Brown Rice Seasonal Fresh Fruit	Vegetable Salad with Oil and Vinegar Dressing * Beef Stew * WW Roll Cantaloupe + Apple Cobbler
September 26	September 27	September 28	September 29	September 30
Corn Chowder WW Crackers Tuna Salad on WW Bread Garbanzo Bean Salad Orange +	Garden Salad +* Turkey Chili WW Roll Seasonal Fresh Fruit Oatmeal Raisin Cookie	Hearty Vegetable Soup +* w/ Crackers Baked Jerk Chicken Creamy Cucumber Dipping Sauce Jamaican Rice with Coconut Milk Seasonal Fresh Fruit Banana Cream Pie	Beef Stir-Fry with Broccoli and Cauliflower + Brown Rice Apple	Turkey with a Maple Squash Puree Wheat Berry Salad+ on Romaine Lettuce * WW Roll Seasonal Fresh Fruit

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.



Nutrition Education

How to Make a Lunch Reservation

We would love for you to join us for lunch on a regular basis. All you have to do is contact your meal site 24 hours in advance and let them know what day you are interested in coming for lunch.



*The amount of nutrients you need to eat depends on age, sex, and level of physical activity.

Visit ChooseMyPlate.gov for more information

Choose My Plate

My Plate offers ideas to help you create a healthier eating style.

Fruit Tips

Refrigerate cut up fruit to store for convenient snacks

Vary your fruit choices. Fruits differ in nutrient content

Make most of your choices whole or cut up fruit rather than juice

Grain Tips

Try to substitute a whole grain product such as brown rice or quinoa for a refined product

Use whole grains in mixed dishes such as barley in vegetable soup



Vegetable Tips

Consider varying your vegetable choices to keep meals interesting.

Purchase vegetables that are easy to prepare

Buy fresh vegetables in season

Protein Tips

Choose lean proteins

Vary your protein choices

Try plant based proteins such as beans.