

SPECTRUM COMMUNITY SERVICES, Inc.

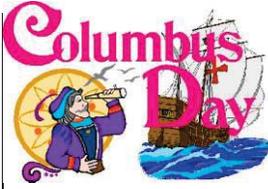
Senior Nutrition Program

October 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
October 3	October 4	October 5	October 6	October 7
<p>Last Day of Oktoberfest</p> <p>Mushroom Barley Soup WW Crackers Pork/Veal Bratwurst < Braised Red Cabbage + Potato Salad Apple Chocolate Cake</p> 	<p>Hearty Vegetable Soup +* w/ Crackers Baked Jerk Chicken Creamy Cucumber Dipping Sauce Jamaican Rice with Coconut Milk Seasonal Fresh Fruit Banana Cream Pie</p>	<p>Beef Stir-Fry with Broccoli and Cauliflower + Brown Rice Apple</p>	<p>Open Face Turkey Sandwich with Gravy Mashed Potatoes Carrots * Cantaloupe +</p>	<p>Spinach Mushroom Salad +* Sweet and Sour Pork Brown Rice Seasonal Fresh Fruit</p> <p>WORLD SMILE DAY!</p> 
October 10	October 11	October 12	October 13	October 14
<p>Columbus Day!</p> 	<p>Cream of Celery Soup WW Crackers Beef Burger on a WW Bun Orange + Orange Jell-O</p>	<p>Turkey with a Maple Squash Puree Wheat Berry Salad+ on Romaine Lettuce * WW Roll Seasonal Fresh Fruit</p>	<p>Vegetable Bean Soup WW Cracker Salmon with a Lemon Yogurt Sauce on Arugula Carrots * Half of a WW Pita Orange +</p>	<p>Garden Salad * Thousand Island Dressing Spinach Lasagna + WW Roll Seasonal Fresh Fruit</p>
October 17	October 18	October 19	October 20	October 21
<p>Fruit Salad with Nuts*+ Pork Carnitas Spanish Rice with Black Beans</p>	<p>Garden Salad with Beans and Egg * Salmon with Chickpea Ragu WW Roll Fruit Mix +</p>	<p>Chicken Endive Soup WW Crackers Chicken Dijon Brown Rice Brussel Sprouts+ Apple Carrot Cake</p>	<p>Meatloaf with Gravy WW Roll Mashed Potatoes Carrots * Mandarine Oranges+ Banana Pudding</p>	<p>Chicken Quarters Pesto Potatoes and Green Beans + WW Roll Apple Banana Cake</p>  <p>October Birthday Celebration!</p>
October 24	October 25	October 26	October 27	October 28
<p>Garden Salad +* Turkey Chili WW Roll Seasonal Fresh Fruit Oatmeal Raisin Cookie</p>	<p>Cream of Vegetable Soup WW Crackers Chicken with a Cordon Blue Sauce WW Spaghetti Lemon Seasoned Broccoli + Seasonal Fresh Fruit</p>	<p>Tomato Florentine Soup + WW Crackers Baked Salmon + Lemon Caper Sauce WW Penne Pasta + Brussel Sprouts Seasonal Fresh Fruit Peach Cobbler</p>	<p>Ministrone Soup WW Crackers Chicken Breast with an Apricot Glaze+ Cooked Spinach * Brown Rice Seasonal Fresh Fruit</p> <p><small>*Lunch will take place in Arts & Crafts After lunch, enjoy the City's Dia de los Muertos event at 1:00pm!</small></p>	<p>Tri Color Pepper Steak with Bell Peppers and Zucchini +* Brown Rice Seasonal Fresh Fruit Key Lime Tart</p>
October 31				
<p>Happy Halloween!</p> <p>Tossed Vegetable Salad * Butternut WW Penne W/Chicken Orange + Oatmeal Raisin Cookie</p> 		<p>Every Day Alternate: Chef's Salad: Chicken or Vegetarian Salads Available (Both salads are served with cheese and egg)</p>	<p>High Sodium <> Vitamin C Source + Vitamin A Source * LS=Low Sodium WW=Whole Wheat</p>	<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>

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

Interested in Joining us for Lunch

Please contact a meal site 24 hours in advance and let them know what day you are interested in coming. Meals sites can be found on our website or by calling the main office. Contact information can be found below.



Information for this handout was gathered from ServSafe Manger Text

Cooking Temperatures

Cooking Requirements for Specific Types of Food

Minimum Internal Temperature	Type of Food
165°F (74°C) for 15 seconds	<ul style="list-style-type: none"> Poultry—including whole or ground chicken, turkey, or duck Stuffing made with TCS ingredients Stuffed meat, seafood, poultry, or pasta Dishes that include previously cooked, TCS ingredients (Raw ingredients should be cooked to their minimum internal temperatures.)
155°F (68°C) for 15 seconds	<ul style="list-style-type: none"> Ground meat—including beef, pork, and other meat Injected meat—including brined ham and flavor-injected roasts Mechanically tenderized meat Ground seafood—including chopped or minced seafood Eggs that will be hot-held for service
145°F (63°C) for 15 seconds	<ul style="list-style-type: none"> Seafood—including fish, shellfish, and crustaceans Steaks/chops of pork, beef, veal, and lamb Eggs that will be served immediately
145°F (63°C) for 4 minutes	<ul style="list-style-type: none"> Roasts of pork, beef, veal, and lamb
135°F (57°C)	<ul style="list-style-type: none"> Commercially processed, ready-to-eat-food that will be hot-held for service (cheese sticks, deep-fried vegetables)
135°F (57°C)	<ul style="list-style-type: none"> Fruit, vegetables, grains (rice, pasta), and legumes (beans, refried beans) that will be hot-held for service