

SPECTRUM COMMUNITY SERVICES, Inc.

Senior Nutrition Program

November 2016

SAN LEANDRO SENIOR COMMUNITY CENTER (510) 825-9793

13909 East 14th Street, San Leandro, CA 94578

Call 24 Hours in Advance to Reserve

Mon, Tue, Thurs and Fri: Lunch 12:00 pm

Wednesdays: Lunch 11:45 am

12:15 - Unclaimed meals available to walk-ins

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
	November 1	November 2	November 3	November 4
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	Tomato Basil Soup Salmon with a Pineapple Salsa + Green Beans Orange Rice Pilaf Seasonal Fresh Fruit	Chicken Gumbo with Okra+ Red Beans Brown Rice Peaches	Vegetable Medley Salad * Beef Stew Cantaloupe + WW Roll Apple Cobbler	Tomato Basil Soup Cheese Tortellini with Pesto Carrots* Fruit Mix +
November 7	November 8	November 9	November 10	November 11
Salad with Fruit and Nuts +* Vegetable and Rice Casserole WW Roll Seasonal Fresh Fruit	Hearty Vegetable Soup +* Chicken Tetrazzini WW Roll Seasonal Fresh Fruit	Garden Salad with Bean and Egg * Salmon with Chickpea Ragu WW Roll Fruit Mix +	Mushroom Barley Soup Teriyaki Chicken Seasoned Zucchini + Brown Rice Apple Oatmeal Cookie	Veterans Day 
November 14	November 15	November 16	November 17	November 18
Meatloaf with Gravy Mashed Potatoes Carrots * WW Roll Mandarin Oranges + Banana Pudding	Apricot Glazed Pork Tenderloin Parmesan Roasted Potatoes Cauliflower + WW Roll Seasonal Fresh Fruit	Cream of Spinach Soup * BBQ Chicken thigh Barley and Black Bean Salad Strawberries Apple Pie	Baked Fish Orzo with Spinach, Chickpea and Lemon Vegetable Blend WW Roll Orange+	Turkey with a Maple Squash Puree Wheat Berry Salad on Romaine Lettuce * WW Roll Seasonal Fresh Fruit
November 21	November 22	November 23	November 24	November 25
Garden Salad with Beans and Egg * Chicken Pot Pie * <> WW Roll Mandarin Oranges+	Tri Color Pepper Steak +* Brown Rice Seasonal Fresh Fruit	Spectrum Holiday 		Spectrum Holiday 
November 28	November 29	November 30	September 29	September 30
Garden Salad +* Turkey Chili WW Roll Seasonal Fresh Fruit Oatmeal Raisin Cookie	Bean Soup with Kale + Chicken Salad on Romaine Lettuce * WW Roll Seasonal Fresh Fruit	Stir-Fried Beef with Sugar Snap Peas Cauliflower+ Brown Rice Apple	High Sodium <> Vitamin C Source + Vitamin A Source * LS=Low Sodium WW=Whole Wheat	Every Day Alternate: Chef's Salad: Chicken or Vegetarian Salads Available (Both salads are served with cheese and egg)

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