

Senior Rate: \$4 contribution per meal
 Any additional contribution is greatly appreciated.
 No registered senior will be denied a meal due to inability to give. **Guests under 60: \$14 flat fee**

January 2025

Indicate meal choice: Meet & Eat, or Take-Away

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	KEY + Vitamin C Source * Vitamin A Source <> High Sodium Day WW = Whole Wheat ✓ = Vegetarian Day	HOLIDAY 1 	Holiday Meal 2 Chicken w/Lemon, Garlic and Rosemary Soup: Collard Greens & Black Eyed Pea+* Garlic Herb Potatoes WW Roll, Fruit, Dessert (M&E Only)	3 Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Fruit+
6 Blackened Fish w/ Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit	7 Pulled Pork Sandwich <> on Whole Grain Bun Baked Beans Coleslaw Fruit+	8 Chicken Quarter w/ Mushroom Sauce Soup: Carrot* Brown Rice Fruit+	9 ✓ Pesto Tortellini Primavera+* Garlic bread Fruit	10 Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit 
13 Herb Baked Chicken Soup: Potato Cabbage+ Peas & Carrots* WW Roll Fruit	14 ✓ Chana Masala+ Roasted Broccoli+ Pita Bread Fruit 	15 Beef Stew* Vegetable Medley Salad* WW Roll Fruit+	16 Thai Curry Cod over Rice Pilaf Seasoned Cauliflower+ Carrots* Fruit	17 Chicken Tetrazzini over WW Spaghetti Tossed Vegetable Salad* Fruit+
HOLIDAY 20 	21 Albondigas Soup+* (with beef meatballs) SW Side Salad Tortilla Chips Fruit	22 ✓ <> Veggie Burger on WW Bun w/Lettuce, Tomato, and Onion Chickpea Carrot Salad+* Fruit	23 Turkey Chili* Vegetable Medley Salad* Cornbread Fruit+ 	24 Baked Cod w/ Melted Leeks Sauce* over Couscous Soup: Turmeric Lentil Lemon+ Fruit, Dessert (M&E only)
27 Pork Adobo Steamed Spinach* Carrots* Garlic Rice Fruit+	28 Chicken Leek Pie* with a Biscuit Tossed Vegetable Salad* Fruit+	Lunar New Year 29 Greek Cod w/Potatoes, Scallions, Tomatoes+ Cold Beet & Garlic Salad WW Roll, Fruit 	30 Entrée Soup: Thai Chicken Broccoli+ Sesame Ginger Noodle Salad+ Fruit	31 ✓ Black Bean & Quinoa Bowl+ Spinach Salad w/Carrots & Cherry Tomatoes+* Fruit



Nutrition Education



Your Contribution Counts

Spectrum relies upon your individual contribution of \$4 towards each meal.

The value of each meal includes planning, purchasing ingredients, preparing and delivery. **The current value for each meal is \$14.**

We understand not everyone is able to give the full contribution request of \$4 per meal so any and every amount given is greatly appreciated. We never turn a senior away due to lack of funds. **If you are able, any increase in your current giving would be beneficial.**

**Meal Tickets are available
10 Meals for \$35**

What's on the Menu?



Spectrum lunches are a balanced, nutritious meal. They are low in sodium, contain at least 15 grams of protein, 7 grams of fiber and provide vitamin C and A rich fruits and vegetables.

Each meal includes all the following food groups:

Lean Proteins: 2-4 ounces of lean protein such as chicken, turkey, pork, fish, lentils, chickpeas and beans.

Two Vegetable Servings: One vegetable serving is 1/2 cup cooked or 1 cup raw (such as a salad).

One Fruit Serving: 1/2 cup cut up fruit or 1 medium sized piece of fruit.

Whole Grains: 1-2 servings. One serving is 1/2 cup of rice, noodles or 1 slice of bread.

Milk: 8 ounces of low-fat milk for protein, calcium and vitamin D.

Monthly menus are analyzed and approved by the program's Registered Dietitian and the county dietitian. The program receives federal funding and must comply with the nutritional requirements of the contract.