



Nutrition Education



What's On Your Plate?

Spectrum lunches are a balanced, nutritious meal throughout the week.

Each meal includes all the following food groups:

- ◆ 2-4 oz. of Lean Proteins
- ◆ 2 Vegetable Servings
- ◆ 1 Fruit Serving
- ◆ Whole Grains
- ◆ Low-fat Milk

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.

The Value of Your Meal

We hope you can taste the love! Spectrum strives to provide a delicious meal, following the required nutritional guidelines of the Older Americans Act.

The actual cost for each meal goes beyond the raw ingredients. Each meal includes planning, purchasing, preparing and delivery. **The value for each meal is \$14.00.**

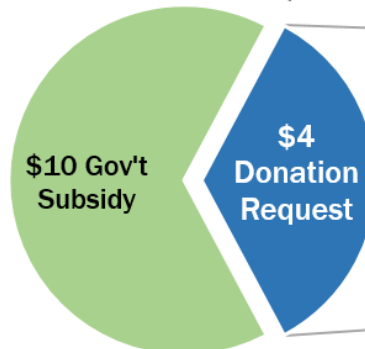
Monthly menus are analyzed and approved by the program's Registered Dietitian and the county dietitian. Purchasing and preparation of the food is managed by our kitchen staff. Distribution and delivery is brought to you by our driving staff. Meal site training and support is overseen by our administrative staff.

Spectrum's Senior Meal Program is partially funded through the Federal Older Americans Act, but those dollars only cover a portion of the cost of the meals. We rely on your daily donations to keep this program running. **Your \$4 donation per meal helps make this program available.**

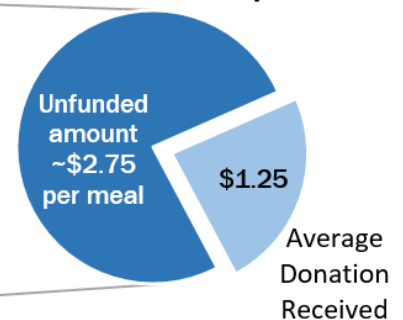
We understand not everyone is able to give the full request so any amount is greatly appreciated.



Meal Value = \$14



\$4 Donation Request



Created by: Becky Bruno,
Spectrum Program Manager

July 2023

Mon	Tue	Wed	Thu	Fri
HOLIDAY MEAL 3 Beef Burger on WW Bun with Lettuce, Tomato, Pickles & Onion Sweet Potato Tots* Fruit+, Dessert (Meet & Eat only)	CLOSED FOR HOLIDAY 4 	5 Baked Cod w/Sun-dried Tomato Sauce Carrot Coins* Green Beans Brown Rice Pilaf, Fruit+	6 Southwestern Chicken Salad+* Lentil and Bean Soup+ Tortilla Chips Fruit	7 Veggie Burrito Bowl+ over Brown Rice Tossed Vegetable Salad* Fruit
10 Teriyaki Chicken Asian Vegetable Blend Brussels Sprouts+ Pineapple Vegetable Rice Fruit	< > 11 Carnitas Pulled Pork on WW Bun with Mexican Coleslaw+ Pinto Beans Roasted Corn, Fruit	12 Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad* Rice Pilaf Fruit	13 Chef Entrée Salad+* WW Roll Fruit Dessert (Meet & Eat only)	14 Tuna Salad Sandwich on WW Bread with Lettuce, Tomato, & Onion Hearty Vegetable Soup+ Fruit
17 Lemon-Caper Cod Tomato Florentine Soup* Green Beans Brown Rice Fruit+	18 Vegetable Stir Fry +* House Salad* Brown Rice Fruit	19 Turkey Cranberry Sandwich on WW Bread with Lettuce, Tomato & Onion Broccoli Raisin Salad+ Fruit	20 Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll, Fruit+	21 Garlic Rosemary Lemon Chicken Rosemary Red Potatoes Carrots* WW Roll, Fruit+
24 Egg Salad Sandwich on WW Bread with Lettuce, Tomato & Onion Chef's Choice Veg Soup Fruit+	25 Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+	26 Lentil Vegetable Curry+* Roasted Broccoli+ Brown Rice Fruit Dessert (Meet & Eat only)	27 Southwestern Baked Cod SW Side Salad Carrots* Brown Rice Pilaf Fruit+	28 Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+
31 Sweet & Sour Pork Broccoli+ Asian Blend Veggies Brown Rice Fruit		Meal Options Meet & Eat: Dine at site Grab & Connect: To-go with participation in Zoom activity	1% Milk served each meal Menu subject to change without notice.	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat = Vegetarian Day

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Subaru Share the Love, StopWaste, Cities of Hayward, San Leandro & Union City, Eden Health District, and Rotary Clubs of Niles Fremont, Hayward, and Castro Valley.

For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Becky Bruno: BBruno@SpectrumCS.org