











**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**

# MARCH 2025

Mon	Tue	Wed	Thu	Fri
<b>3</b>	 <b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Chicken Gumbo w/Okra+ Red Beans Brown Rice Apple	Pesto Tortellini Primavera+* Garlic bread Pear	Pulled Pork Sandwich < > on Whole Grain Bun Baked Beans Coleslaw Orange+ 	Lemon Chicken w/Mushroom Sauce Bean Soup with Kale+* Brown Rice Banana	Blackened Fish w/Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread Grapes <i>Dessert (M&amp;E only)</i>
 <b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chana Masala+ Roasted Broccoli+ Roasted Sweet Potatoes* Brown Rice Pear	Chicken Tetrzzini over WW Spaghetti Tossed Vegetable Salad* Kiwi+	Thai Curry Cod over Rice Pilaf Seasoned Cauliflower+ Carrots* Apple	Beef Stew* Vegetable Medley Salad* WW Roll Mandarin Orange(x2)+	Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Banana 
<b>St. Patrick's Day Meal 17</b>	<b>18</b>	<b>19</b>	<i>First Day of Spring</i> <b>20</b>	<b>21</b>
Corned Beef < > Roasted Potatoes Cabbage & Carrots* WW Roll Kiwi+ <i>Dessert (M&amp;E only)</i> 	Baked Cod with Melted Leeks Sauce* over Couscous Tumeric Lentil Lemon Soup+ Apple	Turkey Chili* Vegetable Medley Salad* Cornbread Orange+	Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Coconut Brown Rice Red Beans, Banana 	Albondigas Soup+* (with Beef Meatballs) Southwest Side Salad Tortilla Chips Grapes
<b>24</b>	<b>25</b>	 <b>26</b>	<b>27</b>	<b>28</b>
Thai Chicken Broccoli Entrée Soup+ Cold Sesame Ginger Noodle Salad+ Apple	Pork Adobo Steamed Spinach* Carrots* Garlic Rice Orange+ 	Black Bean & Quinoa Bowl+ Spinach Salad w/Carrots & Cherry Tomatoes+* Pear	Greek Cod w/Potatoes, Scallions & Tomatoes+ Cold Beet & Garlic Salad WW Roll Grapes	Chicken Leek Pie* with a Biscuit Tossed Vegetable Salad* Kiwi+
<b>Holiday 31</b>			1% Milk served each meal	<b>KEY</b>
			<b>Menu subject to change without notice.</b>	+ 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, Supervisor Elisa Marquez, Cities of Hayward, San Leandro & Union City, Eden Health District, AWS InCommunities Hayward Fund, Hayward Rotary Club and Niles Rotary Club.

**For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Jessica Moses: [JMoses@SpectrumCS.org](mailto:JMoses@SpectrumCS.org)**



# Nutrition Education



## Spectrum Meals

Just by enjoying a Spectrum meal, you are consuming a minimum of 2-3 ounces of Protein in your entrée alone!

## Protein for Older Adults

As we age, our bodies need extra help to stay strong and healthy. Protein is a nutrient that helps to support our immune system, muscles, and provides us with energy. Adequate protein is key to preserving lean muscle and the prevention of age related declines in health.



## How Much Protein is Recommended?

As a senior, it is a good idea to aim for at least 5-7 ounces of protein foods a day. This may be achieved if you eat 1-2 servings of protein per meal. For a whole day, this might look like:

- ◆ 2-3 ounces of meat, poultry, or fish
- ◆ 1 cup of beans or legumes
- ◆ 2 eggs
- ◆ 1 cup of milk

## Great Sources of Protein:

- ⇒ Lean meats: chicken, turkey, and fish
- ⇒ Low Fat Dairy: Greek yogurt, milk, and cheese
- ⇒ Eggs
- ⇒ Bean, Lentils, and Legumes
- ⇒ Nuts, Seeds, and Nut Butters
- ⇒ Whole grains: oats, pasta, wild rice, sprouted grains
- ⇒ Tofu



**Proteins**

Information obtained from:  
The Academy of Nutrition and Dietetics

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**March 2025**