



Nutrition Education



Every Spectrum Meal Includes Vit C

The Vitamin C source is marked on the Spectrum menu with the symbol “+” listed after the food item. Just by enjoying a meal prepared by Spectrum, you are consuming a minimum of 25mg of Vitamin C!

Information obtained from:
 The Academy of Nutrition & Dietetics
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Vitamin C

What is Vitamin C?

Vitamin C, also commonly known as ascorbic acid, is an essential vitamin. Since your body cannot make vitamin C, it must come from the foods you eat every day.

Why is Vitamin C important?

- It supports a healthy immune system and can even decrease the length and severity of cold symptoms
- Aids in wound care
- Maintains healthy bones and teeth such as maintaining healthy gums
- Serves as an antioxidant by fighting free radicals in the body

What are good sources of Vitamin C?

- Citrus fruits (oranges, grapefruit, mandarins, limes, lemons and more)
- Green and Red Bell Peppers
- Tomatoes
- Strawberries
- Broccoli
- Cauliflower
- Brussels Sprouts
- Kiwi
- Pineapple
- Potatoes
- ...and many more!



Did you know...?

Vitamin C helps increase the absorption of iron. This is especially beneficial for vegetarian iron sourced foods. For example, pair a spinach salad with mandarin oranges or strawberries.



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**

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	NEW 1 Chicken Gyro w/Tzatziki Sauce Roasted Vegetables+ Fresh Cucumber & Tomato WW Pita, Fruit	2 Southwestern Baked Cod SW Side Salad Carrots* Rice Pilaf Fruit+	Holiday Meal 3 Taco Soup < > Black Beans Cilantro Lime Rice Fruit+ <i>Dessert (M&E only)</i> 
6 Cod w/Sun-dried Tomato Sauce Carrot Coins* Green Beans Rice Pilaf Fruit+ 	NEW 7 Chicken Tacos Bell Peppers and Onions+ Pinto Beans Corn Tortillas Fruit	8 Albondigas Soup+* Tossed Vegetable Salad* Tortilla Chips Fruit 	9 Garlic Rosemary Lemon Chicken Rosemary Red Potatoes Carrots* WW Roll Fruit+	NEW 10 Pasta w/Marinara Sauce* House Salad* Garlic Bread Fruit+ 
✓ 13 Veggie Burger on WW Bun with Lettuce, Tomato, & Onion Chickpea Carrot Salad* Fruit+	NEW 14 Baked Cod w/Bell Pepper Relish Brussels Sprouts+ Peas and Carrots* Brown Rice, Fruit	15 Chicken Cacciatore+ over WW Pasta Steamed Spinach* Fruit+	NEW 16 Veggie Quiche+* Vegetable Medley Salad* Fruit 	17 Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit
20 Teriyaki Chicken Asian Vegetable Blend Brussels Sprouts+ Pineapple Vegetable Rice Fruit	21 Turkey & Veggie Sauté Broccoli+ Brown Rice Fruit	✓ 22 Chef Entrée Salad+* WW Roll Fruit  <i>Dessert (M&E only)</i>	23 Sweet & Sour Pork Roasted Cauliflower+ Steamed Spinach* Brown Rice Fruit	24 Tuna Salad Sandwich on WW Bread with Lettuce, Tomato, & Onion Hearty Vegetable Soup+* Fruit
HOLIDAY 27 MEMORIAL DAY  REMEMBER & HONOR	NEW 28 Tofu Tikka Masala* Roasted Cauliflower+ Steamed Spinach* Brown Rice Fruit	29 Baked Cod w/White Wine Sauce* Roasted Broccoli+ Carrot Coins* Rice Pilaf, Fruit	30 Southwestern Chicken Salad+* Lentil and Bean Soup+ Tortilla Chips Fruit	31 Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+ 

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, Duke Hwang: DHwang@SpectrumCS.org