









November 2023

Lunch Pick Up 12-12:30PM, RSVP 72 hrs ahead
Indicate meal choice: Meet & Eat, Grab & Connect, Take-Away

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	Meal Options Meet & Eat: Dine at site Grab & Connect: To-go with participation in Zoom activity Take-Away: To-go with no social activity	1 Pork Adobo Steamed Bok Choy*+ Carrots* Garlic Butter Rice Fruit 	 2 Veggie Burrito Bowl+ over Brown Rice Spinach Salad with Carrots & Red Onion*+ Fruit	3 Greek Cod w/Potatoes, Scallions, Tomatoes+ over Orzo Blend Cold Beet & Garlic Salad Fruit
 6 Veggie Chili over Baked Potato+ Broccoli+ Cornbread Fruit	7 Beef Stroganoff over Egg Noodles Italian Cut Green Beans Diced Carrots* Fruit+ 	8 Cod Fish Tacos+ w/Mexican slaw Black Beans Azteca Soup*+ Fruit	9 Roast Chicken Pesto Potatoes & Green Beans+ WW Roll Fruit	HOLIDAY 10  Thank You Veterans
13 Chicken Stew* Vegetable Medley Salad* WW Roll Fruit+ 	14 Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit	15 Chicken Parmesan w/Marinara Sauce over WW Pasta Carrots* Cesar Salad, Fruit+	16 Baked Cod w/Sun-dried Tomato Sauce over Rice Pilaf Hearty Vegetable Soup*+ Fruit	 17 Veggie Burger on WW Bun with Leaf Lettuce, Tomato, and Onion Chickpea Carrot Salad*+ Fruit
20 Southwestern Baked Cod over Cilantro Rice Mexican Coleslaw+ Corn & Black Beans Fruit	 21 Roasted Vegetable Buddha Bowl*+ w/Couscous & Yum Sauce Fruit	Thanksgiving Meal 22 Roasted Turkey with Gravy Mashed Potatoes Green Beans Cranberry Sauce WW Roll, Fruit+ Pumpkin Pie (Meet & Eat only)	HOLIDAY 23 	HOLIDAY 24
27 Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll, Fruit+	28 Lemon-Caper Cod over Rice Pilaf Tomato Florentine Soup* Green Beans Fruit+	 29 Veggie Stir Fry*+ Broccoli+ Brown Rice Fruit 	30 Italian Turkey Soup+ Large House Salad* Garlic Bread Fruit	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



Nutrition Education

Root Vegetables

Root vegetables are plant parts grown underground. Root vegetables include tubers, bulbs, rhizomes, and corms.

Examples of root vegetables

Onions, Garlic, Ginger, Taro, Water Chestnuts, Potatoes, Yams, Beets, Rutabagas, Carrots, and more!

Benefits of root vegetables

Root vegetables are nutritional powerhouses. They can be packed with fiber, antioxidants, vitamins, and minerals.



Did You Know?

Spectrum has many meals made with root vegetables.

- We often serve potatoes, onions and carrots.
- Our Ginger Beef Bowl is packed with all the ginger nutritional benefits.
- This month we are introducing “Roasted Vegetable Buddha Bowl” made with sweet potatoes and onions.

Information obtained from:
Today’s Dietitian &
Harvard Health

Created by: Heather Cuellar, RD
Presented by: Becky Bruno,
Spectrum Program Manager

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Root Vegetable Spotlight:



Garlic may help with improving hypertension, protect against some cancers, and strengthen the immune system.

Ginger is commonly known for its anti-nausea effects, but it is also anti-inflammatory, a great antioxidant, and may help with digestion.

How to incorporate root vegetables into your diet:

- Try roasting root vegetables with olive oil and herbs.
- Add root vegetables to homemade soups.
- Boil and then mash root vegetables such as yams or turnips.