






FEBRUARY 2024

- Must reserve at least 24 hours in advance between 12pm – 12:30pm / Dine-In Only or Take-Out w/ required ZOOM Activity.
- Suggested donation: \$3.75 dine-in only/take out w/ZOOM and over 60; \$14.00 FEE for Under 60/take out w/ NO ZOOM.
- Meals are served at the Ruggieri Center Mondays – Thursdays ONLY! Contact Josephine Lum Lodge for meals on Fridays.
 - Email reservations to: ruggieriseniorcenter@unioncity.org or call Ruggieri at (510) 675-5495

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	 FEBRUARY IS BLACK HISTORY MONTH	1 Blackened Fish with Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit	2 NO LUNCH SERVICE AT RUGGIERI
5 Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes, and Diced Onions Pinto Beans WW Tortilla, Fruit	6 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	7 Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+	8 Pasta w/Marinara Sauce House Salad Garlic Bread Fruit+	9 NO LUNCH SERVICE AT RUGGIERI
12 Albondigas Soup+* (with beef meatballs) Southwest Side Salad Tortilla Chips Fruit	13 Baked Cod with Melted Leeks Sauce* over Couscous Turmeric Lentil Lemon Soup+ Fruit	14 Valentine Meal ✔ Spinach/Ricotta Ravioli w/Creamy Mushrooms Baby Carrots* Italian Cut Green Beans Garlic Bread, Fruit+ <i>Dessert (M&E only)</i> 	15 Chile Verde Chicken Casserole+* < > Pinto Beans Corn Fruit	16 NO LUNCH SERVICE AT RUGGIERI
HOLIDAY  19	20 Pork Adobo Broccoli+ Carrots* Garlic Rice Fruit	21 Chicken Leek Pie* with a Biscuit Tossed Vegetable Salad* Fruit+	22 Greek Cod w/Potatoes, Scallions, Tomatoes+ over Orzo Blend Cold Beet & Garlic Salad Fruit	23 NO LUNCH SERVICE AT RUGGIERI
26 Roast Chicken Roasted Potatoes Pesto Green Beans+ WW Roll Fruit	27 (Turkey) Cabbage Roll Entrée Soup*+ House Salad WW Roll Fruit 	28 Cod Fish Tacos+ w/Mexican slaw Black Beans Azteca Soup+* Fruit	29 Leap Day ✔ Veggie Chili over Baked Potato+ Broccoli+ 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, Becky Bruno: BBruno@SpectrumCS.org