







Spectrum is working in collaboration with SOS Meals on Wheels to deliver chilled, portioned meal for takeout.



Choose one way to reserve your takeout meal in advance:

- Sign up directly with the distribution site
- Email request to: ruggieriseniorcenter@unioncity.org
- Call Ruggieri at: 510.675.5495

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Cheese Enchiladas Black Beans Fiesta Corn Seasonal Fresh Fruit+</p>	<p>3</p> <p>Chicken Jambalaya with White Rice Capri Vegetables+ Cinnamon Apples</p>	<p>Cold Salad Meal 4</p> <p>Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+</p> 	<p>5</p> <p>Brown Rice, Black Bean and Chicken Burrito Bowl Sweet Corn w/ Peppers Broccoli+ Fresh Fruit</p>	<p>6</p> <p>Beef Stroganoff over Egg Noodles Green Peas Baby Carrots* Fresh Fruit+</p>
<p>9</p> <p>Pasta Primavera+ with WW Rotini Yams*+ Spiced Apples</p> 	<p>10</p> <p>Pork Loin with Country Gravy over Brown Rice Mixed Vegetables* Zucchini Fresh Fruit+</p>	<p>Cold Salad Meal 11</p> <p>Asian Chicken Salad Noodles*+ Edamame Mandarin Oranges Wheat Crackers, LS V8+</p>	<p>12</p> <p>Chicken Cacciatore+ over Wheat Pasta Green Beans Cauliflower+ Fresh Fruit</p>	<p>13</p> <p>Beef Chow Mein Broccoli+ Mixed Vegetables*+ Seasonal Fresh Fruit</p>
<p>16</p> <p>Cheesy Pasta Bake Lima Beans Cauliflower w/Red Peppers+ Fresh Fruit</p>	<p>17</p> <p>Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit</p>	<p>Cold Salad Meal 18</p> <p>Chicken Ranch Salad on Romaine+ 3-Bean Salad Marinated Tomatoes Wheat Crackers, LS V8+</p>	<p>19</p> <p>BBQ Pork Riblet Pinto Beans Broccoli+ Wheat Bread Fruit</p> 	<p>20</p> <p>Beef Stew Mashed Potatoes Spinach* Seasonal Fresh Fruit+ Wheat Roll</p>
<p>23</p> <p>Pancakes Veggie Sausage Breakfast Potatoes Warm Apricots</p>	<p>24</p> <p>Breaded Catfish with Herbed Orzo Broccoli+ Corn w/Red Peppers Seasonal Fresh Fruit</p>	<p>Cold Salad Meal 25</p> <p>Southwest Chicken Salad on Romaine+ Pasta & Vegetable Salad Pineapple Tidbits LS V8+</p>	<p>26</p> <p>Chicken Dijon over WW Penne Pasta Mixed Vegetables*+ Herb Roasted Potatoes Fresh Fruit</p>	<p>27</p> <p>Beef Tamales Pinto Beans Mixed Vegetables* Seasonal Fresh Fruit+</p>
<p>30</p> <p>Vegetarian Frittata Cauliflower Broccoli+ Wheat Roll Seasonal Fresh Fruit</p>	<p>31</p> <p>Turkey Burger on Wheat Bun Green Beans Carrots* Seasonal Fresh Fruit+</p> 	<p>1% Milk served each meal</p> <p>Menu subject to change without notice</p>	<p>KEY</p> <p>+ Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</p>	<p>Suggested donation: \$3.75</p> <p>Any additional contribution is greatly appreciated. No registered senior over 60 will be refused a meal due to lack of funds.</p>

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Fremont Bank Foundation, San Francisco Foundation, Meals on Wheels America, Cities of Hayward & San Leandro.
For reservations, call sites directly. Program Manager, Becky Bruno email: BBruno@SpectrumCS.org