



SPECTRUM COMMUNITY SERVICES, Inc.
Senior Nutrition and Activities Program

Tropics MHP
33000 Alvarado Niles Rd.
Union City, CA 94587
(510)402-9173
Lunch 12:00 Noon Tuesday
& Thursday

January 2012



SUGGESTED DONATION: \$3.25 - MEAL TICKETS \$30.00/10 MEALS

No Senior over 60 will be refused a meal due to lack of funds.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 2	January 3	January 4	January 5	January 6
New Year's Day Holiday	Pickled Beets, Tomato Wedges, Mixed Greens, and Thousand Island+ Breaded Chicken with Gravy Zucchini Coins Orzo Pasta Apricot Halves*		Cold Roast Beef on Hoagie Roll w/Cheddar Tomato Slices+ and Shredded Lettuce Mustard & Mayonaise Creamy Coleslaw+ Cinnamon Applesauce	
January 9	January 10	January 11	January 12	January 13
	Caesar with Croutons Tomatoes+ Cheese Ravioli with Marinara Sauce+ Italian Vegetable Mix+* Pears		Lentil & Carrot Soup W/ Wheat Crackers Stuffed Cabbage Roll with Creole Sauce+<> Mashed Potatoes Tapioca Pudding with Peaches	
January 16	January 17	January 18	January 19	January 20
Martin Luther King Holiday	Spinach Salad w/ Tomatoes, Carrots and Ranch Dressing+* Pork Tenderloin w/ Fruit Chutney Yukon Gold Potatoes Fresh Melon+ Whole Wheat Roll		Vegetarian Lasagna Served with Marinara Sauce+ CA Vegetable Blend+* Corn Salad w/ Pimentos Fresh Grapes	
January 23	January 24	January 25	January 26	January 27
	Minestrone Soup* Breaded Pollock w/ Tartar Sauce & Lemon Steamed Brown Rice Sauteed Zucchini with Herbs and Peppers+ Fruit Cocktail		Tomato & Barley Soup+ Turkey Salad Stuffed Whole Wheat Pita w/ Tomato & Lettuce Potato Salad Fresh Orange+	
January 30	January 31			
	All Beef Meatloaf with Gravy Mashed Potatoes Spinach Salad with Tomato and Vinaigrette+* Whole Wheat Bread Sunshine Jello Salad+	Taking food home with you done at your own risk. Be sure to eat within 30 min. or refrigerate. Microwave: 2-3 min. on high. Oven: Preheat to 350, heat 10 min or until bubbly Discard uneaten food after 2 days	High Sodium <> High Fat # High Sodium & Fat <># Vitamin C Source + Vitamin A Source * Vitamin C & A Source +* WW=Whole Wheat LS= Low Sodium	<i>Every Day Alternate:</i> <i>Chef's Salad (Regular, All Chicken, All Ham, or Vegetarian)</i> <i>Hamburger or Veggie Burger Available on <u>Soup Days</u>.</i>

2621 Barrington Court, Hayward, CA 94545, Tara Marino, RD - Program Manager(510) 881-0300 x 222 Tina-Kitchen (510)785-1997

SNAP is funded in part by the Alameda County Area Agency on Aging, PG&E, Kaiser, Well Fargo Bank, Fremont Bank, the City of Hayward, Union City, Pleasanton, and your donations.