








Choose one way to reserve your takeout meal in advance:

- Sign up directly with the distribution site
- Email request to: [Meals@SpectrumCS.org](mailto:Meals@SpectrumCS.org)

Mon	Tue	Wed	Thu	Fri
<p><b>2</b></p> <p>Spinach Lasagna+ Carrots* Green Beans Seasonal Fruit</p> 	<p><b>Election Day 3</b></p> <p>Brown Rice, Black Bean and Chicken Burrito Bowl Sweet Corn w/Peppers Broccoli+ Seasonal Fresh Fruit</p> 	<p><b>Cold Salad Meal 4</b></p> <p>Asian Chicken Salad Edamame Mandarin Oranges Wheat Crackers LS V8+</p>	<p><b>5</b></p> <p>Chicken Cordon Bleu over Rice Pilaf Spinach* Peas and Onions Seasonal Fresh Fruit+</p>	<p><b>6</b></p> <p>Chili Con Carne Brown Rice Capri Vegetables* Seasonal Fruit+</p> 
<p><b>9</b></p> <p>Veggie Burger with a Whole Wheat Bun Fiesta Corn Roasted Potatoes Seasonal Fresh Fruit+</p>	<p><b>10</b></p> <p>Beef Stew Mashed Potatoes Spinach* Wheat Roll Seasonal Fresh Fruit+</p>	<p><b>HOLIDAY 11</b></p> 	<p><b>12</b></p> <p>Teriyaki Chicken Chow Mein Noodles Cabbage &amp; Carrots* Edamame Fresh Banana</p>	<p><b>13</b></p> <p>Swedish Meatballs over WW Noodles Peas Broccoli+ Fresh Fruit</p>
<p><b>16</b></p> <p>Vegetarian Quiche Cauliflower Broccoli+ Wheat Roll Seasonal Fresh Fruit</p>	<p><b>17</b></p> <p>Beef Stroganoff Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+</p>	<p><b>Cold Salad Meal 18</b></p> <p>Southwest Chicken Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+</p>	<p><b>19</b></p> <p>Chicken Fajita Mixed Vegetables* Pinto Beans Wheat Tortilla Seasonal Fresh Fruit</p> 	<p><b>20</b></p> <p>Southwestern Baked Fish over Brown Rice Yams* Zucchini Seasonal Fresh Fruit+</p>
<p><b>23</b></p> <p>Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples Wheat Roll</p> 	<p><b>24</b></p> <p>Chicken Pot Pie with Biscuit Topping Broccoli+ Spiced Peaches</p>	<p><b>Holiday Meal (from TRIO) 25</b></p> <p>Turkey with Gravy Sweet Potatoes Green Beans Cranberry Juice+ WW Roll, Pumpkin Pie</p>	<p><b>HOLIDAY 26</b></p> <p><b>HOLIDAY 27</b></p> <p><b>Happy Thanksgiving</b></p> 	
<p><b>30</b></p> <p>Cheese Enchiladas Pinto Beans Fiesta Corn* Seasonal Fresh Fruit+</p>		<p>1% Milk served each meal</p> <p><i>Menu subject to change without notice</i></p>	<p><b>KEY</b></p> <p>+ Vitamin C Source * Vitamin A Source &lt; &gt; High Sodium Day WW = Whole Wheat</p>	<p><b>Suggested donation: \$3.75</b></p> <p>Any additional contribution is greatly appreciated.</p> <p>No registered senior over 60 will be refused a meal due to lack of funds.</p>

For reservations, call sites directly. Program Manager, Becky Bruno email: [BBruno@SpectrumCS.org](mailto:BBruno@SpectrumCS.org)