

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>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>	<p><b>KEY</b></p> <p>+ Vitamin C Source</p> <p>* Vitamin A Source</p> <p>&lt; &gt; High Sodium Day</p> <p>WW = Whole Wheat</p>	<p>1% Milk served each meal</p> <p><b>Menu subject to change without notice.</b></p>	<p>1</p> <p>Turkey Burger with a Wheat Bun</p> <p>Green Beans</p> <p>Fiesta Corn*</p> <p>Seasonal Fresh Fruit+</p>	<p>2</p> <p>Spaghetti with Meat Sauce</p> <p>Broccoli+</p> <p>Peas and Carrots*</p> <p>Fresh Fruit</p>
<p>5</p> <p>Pasta Primavera+ with WW Rotini</p> <p>Yams*</p> <p>Spiced Apples</p>	<p>6</p> <p>Breaded Catfish over Herbed Orzo</p> <p>Broccoli+</p> <p>Corn w/Red Peppers*</p> <p>Seasonal Fresh Fruit</p>	<p>7</p> <p><b>Cold Salad Meal</b></p> <p>Tuna Salad on Greens</p> <p>Carrot Raisin Salad*</p> <p>Pineapple Tidbits+</p> <p>Wheat Roll</p> <p>LS V8+</p>	<p>8</p> <p>Herb Chicken</p> <p>Italian Vegetables</p> <p>Mashed Potatoes</p> <p>Wheat Roll</p> <p>Seasonal Fresh Fruit</p> 	<p>9</p> <p>Pasta, Beef, and Tomato Casserole</p> <p>Cauliflower+</p> <p>Carrot Coins*</p> <p>Seasonal Fresh Fruit</p>
<p>12</p> <p>Spinach Lasagna+ Carrots*</p> <p>Breadstick</p> <p>Warm Apricots</p> 	<p>13</p> <p>Beef Stew</p> <p>Mashed Potatoes</p> <p>Spinach</p> <p>Wheat Roll</p> <p>Seasonal Fresh Fruit+</p>	<p>14</p> <p><b>Cold Salad Meal</b></p> <p>Southwest Chicken Salad on Romaine+</p> <p>Macaroni Salad</p> <p>Pineapple Tidbits+</p> <p>LS V8+</p>	<p>15</p> <p>Turkey Tetrazzini</p> <p>Peas and Carrot*</p> <p>Broccoli+</p> <p>Seasonal Fresh Fruit</p>	<p>16</p> <p>Chili Con Carne</p> <p>Brown Rice</p> <p>Capri Vegetables*+</p> <p>Corn Muffin</p> <p>Seasonal Fruit</p>
<p>19</p> <p>Cheese Enchiladas</p> <p>Pinto Beans</p> <p>Fiesta Corn*</p> <p>Seasonal Fresh Fruit+</p>	<p>20</p> <p>Creole Baked Fish over Rice Pilaf</p> <p>California Veggie Blend*+</p> <p>Peas and Onions</p> <p>Banana</p>	<p>21</p> <p><b>Cold Salad Meal</b></p> <p>Asian Chicken Salad with Noodles and Vegetables*</p> <p>Edamame</p> <p>Mandarin Oranges</p> <p>Wheat Crackers, LS V8+</p>	<p>22</p> <p>Chicken Dijon over WW Penne Pasta</p> <p>Mixed Vegetables</p> <p>Spinach+</p> <p>Fresh Fruit</p>	<p>23</p> <p>Meat Loaf with Gravy</p> <p>Mashed Potatoes</p> <p>Broccoli+</p> <p>Carrots*</p> <p>Fresh Fruit</p> 
<p>26</p> <p>Cheesy Pasta Bake</p> <p>Lima Beans</p> <p>Cauliflower w/Red Peppers+</p> <p>Seasonal Fresh Fruit</p>	<p>27</p> <p>Sweet and Sour Pork with Vegetable:</p> <p>White Rice</p> <p>Cabbage+</p> <p>Fresh Fruit</p> 	<p>28</p> <p><b>Cold Salad Meal</b></p> <p>Chicken Ranch Salad on Romaine+</p> <p>3-Bean Salad</p> <p>Seasonal Fresh Fruit</p> <p>Wheat Crackers, LS V8+</p>	<p>29</p> <p>Chicken Cacciatore+ over Wheat Pasta</p> <p>Green Beans</p> <p>Cauliflower+</p> <p>Fresh Fruit</p>	<p>30</p> <p>Beef Tamales</p> <p>Pinto Beans</p> <p>Mixed Vegetables</p> <p>Seasonal Fresh Fruit+</p>