



SPECTRUM COMMUNITY SERVICES, Inc.

Senior Nutrition and Activities Program

April 2012



**Robert Livermore
Community Center**

4444 East Avenue
Livermore, CA 94550

Lunch 12:00 Noon

373-5764 ~ Monday - Friday 10 - 2pm

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 2	April 3	April 4	April 5	April 6
Spinach Salad w/ Dried Cranberries, Almonds and Vinaigrette LS Ham and Swiss on Rye with Lettuce & Tomato & Condiments Potato Salad Fresh Orange+	Lentil and Carrot Soup* Beef Ravioli with Marinara Sauce California Blend Vegetables+* Apricot Halves*	Chicken Pasta Salad over Romaine Lettuce with Carrots+* Marinated Tomatoes+ Fresh Grapes	 Spring Holiday BBQ Pork Sandwich<> on a Whole Wheat Bun Lettuce and Tomato+ Corn and Pimentos Marinated Vegetables over Mixed Greens+ Tangerine+Chocolate Eggs	Spring Holiday
April 9	April 10	April 11	April 12	April 13
Breaded Fish with Tartar Sauce & Fresh Lemon Roasted Red Potatoes Green Cabbage+ Pineapple Chunks+ Whole Wheat Bread	Romaine Lettuce with Cucumber, Red Onion & Raspberry Vinaigrette+ Pork Loin w/ Homemade Gravy Rice Pilaf Sauteed Spinach+* Cantaloupe*+	Minestrone Soup with Whole Wheat Crackers Tuna Noodle Casserole Mixed Green Salad with Celery and Carrots+* Peach and Pear Cup	Homemade Meatloaf with Creole Sauce Parslied Red Potatoes Broccoli & Cauliflower+* Whole Wheat Roll Orange Slices+	Garden Salad with Carrots & Tomato with Vinaigrette+* Teriyaki Glazed Chicken Quarter Whole Wheat Garlic Noodles Bok Choy+* Mandarin Oranges+
April 16	April 17	April 18	April 19	April 20
Hearty Vegetable Soup Mock Crab Salad on Romaine w/ Tomato+ Peas and Corn Bran Muffin Sunshine Salad+	Spinach Salad*+ Roast Beef Sandwich on Sliced Sourdough with Cheddar Cheese, Tomato Lettuce and Condiments Baked Beans Fresh Strawberries+	Caesar Salad+ Chicken Parmesan with Marinara+ Whole Wheat Penne Green Beans Fresh Melon Slices	Mixed Greens w/ Carrots Beets and Ranch* Creole Shrimp & Tomatoes+ Served w/ Red Beans and Brown Rice Peaches w/ Whipped Topping+	Spinach Salad w/Carrots and Lemon Dressing*+ Whole Wheat Spaghetti & Meat Sauce Mixed Vegetables+ Fresh Fruit Salad
April 23	April 24	April 25	April 26	April 27
Luau Luncheon Low Sodium Ham with Pineapple Glaze+ Yams Aloha Macaroni Salad Mixed Greens with Vinaigrette+ Ambrosia Salad+ 	Baked Fish Filet with Peppers, Onions and Tomatoes+ White Rice Carrot Coins* Honeydew Melon+	Tomato & Barley Soup+ Turkey Salad Stuffed Whole Wheat Pita w/ Tomato & Lettuce Carrot Coins* Peaches & Strawberries+	Chili Con Carne with Grated Cheddar<> Cornbread Garden Salad+ Carrot and Raisin Salad* Apple Sauce	Birthday Celebration  Salsibury Steak with Gravy Buttered Yukon Gold Potatoes Sauteed Chard+* Whole Wheat Roll Cake with Blueberries
April 30				
Beef Taco Salad Romaine, Vegetables+*, Tomato Salsa, Cheese Garnish Peas and Carrots* Corn Chips Watermelon+	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	High Sodium <> High Fat # High Sodium & Fat <># Vitamin C Source + Vitamin A Source * Vitamin C & A Source +*	Every Day Alternate: <i>Chef's Salad (Regular, All Chicken, All Ham, or Vegetarian)</i> <i>Hamburger or Veggie Burger Available on <u>Soup Days</u>.</i>	

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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.