

SPECTRUM COMMUNITY SERVICES, Inc.

Senior Nutrition Program

December 2016

Clark W. Redeker
Newark Senior Center
Where enjoying life never gets old!
(510) 578-4840

Lunch is served at 12:00pm

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

SUGGESTED DONATION: \$3.75 - MEAL TICKETS \$35.00/10 MEALS

How to sign up for lunch:

At the Newark Clark W. Redeker Senior Center: A clip board labeled "LUNCH" is located at the front desk. Write your name on the day(s) that you want to reserve.

By Phone: Call Monday – Friday 9:00am-3:00pm (510) 578-4840.

By email senior.center@newark.org

You must make a lunch reservation one business day in advance before noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			December 1	December 2
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 <> Vitamin C Source + Vitamin A Source * LS=Low Sodium WW=Whole Wheat	Every Day Alternate: <i>Chef's Salad:</i> Chicken or Vegetarian Salads Available (Both salads are served with cheese and egg)	Lentil and Black Bean Soup WW Crackers Pasta Primavera +* Seasonal Fresh Fruit	Meatloaf with Gravy Brussel Sprouts+ Mashed Potatoes WW Roll Seasonal Fresh Fruit
December 5	December 6	December 7	December 8	December 9
Split Pea Soup WW Crackers Baked Southwestern Tilapia Cooked Spinach * Brown Rice Mandarin Oranges +	Mushroom Barley Soup WW Crackers Teriyaki Chicken Seasoned Broccoli+ Brown Rice Apple	Beef Stroganoff Green Beans WW Roll Cantaloupe +	Cream of Spinach Soup * WW Crackers Chicken Thigh with BBQ Sauce Barley and Black Bean Salad Strawberries +	Vegetable Bean Soup WW Cracker Butternut Penne with Chicken * Mandarin Oranges +
December 12	December 13	December 14	December 15	December 16
Holiday Sing-A-Long with The Clark W. Redeker Newark Senior Center's Amazing Guitar Class Beef Stew*, Lemon Seasoned Broccoli +, WW Roll Fresh Fruit	Garden Salad with Beans and Egg * Spinach Lasagna + Seasonal Fresh Fruit	Dream Achievers Holiday Show Chicken Quarter, Pesto Potatoes, Green Beans + WW Roll, Applesauce Banana Cake	Stir-Fried Beef with Sugar Snap Peas Seasoned Cauliflower+ Brown Rice Apple	Salmon with a Chickpea Ragu * WW Roll Fruit Mix +
December 19	December 20	December 21	December 22	December 23
Roasted Chicken Pesto Thigh Butternut Squash Mac and Cheese +* Zucchini Seasonal Fresh Fruit	Vegetable Medley Salad * Spaghetti with Meat Sauce Parmesan Cheese Seasoned Cauliflower+ Seasonal Fresh Fruit	Fruit Salad with Nuts* Vegetable and Rice Casserole + WW Roll Seasonal Fresh Fruit	 <p>The Clark W. Redeker Newark Senior Center will be CLOSED Thurs., Dec. 22 - Mon., Jan. 2.</p>	
December 26	December 27	December 28	December 29	December 30
				
				

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

Fremont Bank Foundation, Wells Fargo, Gillig, Safeway Foundation, PG&E, Cities of Hayward, Pleasanton, San Leandro, Union City and YOUR generous donations!

***Call for reservations 24hrs. in advance. Menu subject to change without notice. Thank you.**