

# April 2010 Lunch Menu

Lunches served at the Hayward Senior Center on Tuesdays & Thursdays, **served at the Kenneth Aitken Senior Center on Monday & Wednesdays.** Spectrum lunch on Friday at the Hayward Senior Center.

*All lunch entrees include dessert and your choice of coffee or tea.*

Thursday	April 1	Spring Luncheon	Roast Turkey Breast w/ Stuffing & Vegetables
<b>Monday</b>	<b>April 5</b>	.....	<b>Mostaccioli w/ Meat Sauce, Garlic Bread &amp; Salad</b>
Tuesday	April 6	.....	Beef Goulash w/ Pasta
<b>Wednesday</b>	<b>April 7</b>	.....	<b>Chef's Choice</b>
Thursday	April 8	.....	Chicken Teriyaki w/ Rice & Vegetables
<b>Monday</b>	<b>April 12</b>	.....	<b>Salisbury Steak, Scalloped Potato &amp; Vegetables</b>
Tuesday	April 13	.....	Chicken Noodle Casserole & Vegetables
<b>Wednesday</b>	<b>April 14</b>	.....	<b>Chef's Choice</b>
Thursday	April 15	.....	Stuffed Cabbage Roll, Boiled Potato & Vegetables
<b>Monday</b>	<b>April 19</b>	.....	<b>Roast Pork Tenderloin, Garlic Potato &amp; Vegetables</b>
Tuesday	April 20	.....	Baked Chicken, Rice Pilaf & Vegetables
<b>Wednesday</b>	<b>April 21</b>	.....	<b>Chef's Choice</b>
Thursday	April 22	.....	Baked Lasagna, Garlic Bread & Salad
<b>Monday</b>	<b>April 26</b>	.....	<b>Baked Meat Loaf, Mashed Potato w/ Gravy &amp; Vegetables</b>
Tuesday	April 27	.....	Soup, Salad & Sandwich Combo
<b>Wednesday</b>	<b>April 28</b>	.....	<b>Chef's Choice</b>
Thursday	April 29	.....	Spaghetti w/ Meat Sauce, Garlic Bread & Salad

### IMPORTANT INFORMATION:

*Regular Lunches are \$3.50 per person. Special Luncheons are \$5.50 per person in advance, and \$7.00 at the door. To-Go luncheons are also available for \$4.00 each, but note it is your responsibility to eat food or refrigerate it within 30 minutes of leaving the site, reheat it properly and discard it after 3 days. Vegetarian option is available, please inform the chef through our office of your request before 11:00 a.m. For the regular luncheons, please arrive by 11:45 to purchase your ticket and be seated by 11:55 a.m.*

LUNCHEON: (Café Style) Mon • 11:30am-1:10pm, Weds • 11:30am-12:30pm .....Hayward Senior Center  
 LUNCHEON: (Café Style) Tues • 11:30am-12:45pm, Thurs • 11:30am-12:30pm .....Kenneth Aitken Senior Center  
 SPECTRUM LUNCHEON: Fri • 12:30pm • \$3.25 • Reservations Required call (510) 881-6766 .....Hayward Senior Center

# March 2010 Lunch Menu

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*All lunch entrees include dessert and your choice of coffee or tea.*

<b>Monday</b>	<b>March 1</b>	.....	<b>Roast Pork Tenderloin, Garlic Potato &amp; Vegetables</b>
Tuesday	March 2	.....	Pasta, Tomato & Beef Casserole & Vegetables
<b>Wednesday</b>	<b>March 3</b>	.....	<b>Chef's Choice</b>
Thursday	March 4	.....	Salisbury Steak, Mashed Potato w/ Gravy & Vegetables
<b>Monday</b>	<b>March 8</b>	.....	<b>Spaghetti w/ Meat Sauce, Garlic Bread &amp; Salad</b>
Tuesday	March 9	.....	Stuffed Cabbage Roll, Boiled Potato & Vegetables
<b>Wednesday</b>	<b>March 10</b>	.....	<b>Chef's Choice</b>
Thursday	March 11	St. Patrick's Day Luncheon	New England Boil: Corned Beef and Cabbage
<b>Monday</b>	<b>March 15</b>	<b>St. Patrick's Day Luncheon</b>	<b>New England Boil: Corned Beef and Cabbage</b>
Tuesday	March 16	.....	Baked Macaroni & Cheese with Ham & Vegetables
<b>Wednesday</b>	<b>March 17</b>	.....	<b>Chef's Choice</b>
Thursday	March 18	.....	Baked Meat Loaf, Mashed Potato w/ Gravy & Vegetables
<b>Monday</b>	<b>March 22</b>	.....	<b>Baked Herb Chicken, Rice Pilaf &amp; Vegetables</b>
Tuesday	March 23	.....	Baked Lasagna, Garlic Bread & Salad
<b>Wednesday</b>	<b>March 24</b>	.....	<b>Chef's Choice</b>
Thursday	March 25	.....	Sauté Chicken Breast w/ Pasta & Vegetables
<b>Monday</b>	<b>March 29</b>	.....	<b>Roast Beef, Scalloped Potato &amp; Vegetables</b>
Tuesday	March 30	.....	Soup, Salad & Sandwich Combo
<b>Wednesday</b>	<b>March 31</b>	.....	<b>Chef's Choice</b>

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