






**Petaluma People Services Center  
April 2017 Menu – Meals on Wheels**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>30.</b> Salisbury Steak Mashed Potatoes *Swiss Chard Green Salad Fruit Cocktail ◆ W. W. Roll	<b>Daily</b> <b>1 cup 1% Milk</b> <b>Bread</b> <b>Butter</b>	<b>*Vitamin C</b> <b>_Vitamin A</b> <b>◆Fiber</b>  <b>Salt</b>				<b>1.</b> Meatloaf Mashed Potatoes Buttered Corn Green Salad *Orange ◆ W. W. Bread
<b>2.</b> Hot Roast Beef Sandwich Mashed Potato <u>Carrots</u> - Green Salad Fruit Cocktail ◆ W. W. Bread	<b>3.</b> Lasagna <u>Spinach</u> Green Salad w/ HB Egg *Mandarin Oranges ◆ W. W. Roll	<b>4.</b> Creole Pork Rice *Broccoli Coleslaw Strawberries Cornbread	<b>5.</b> Chicken Enchiladas Refried Beans <u>Carrots</u> Green Salad Jell-O with *Mandarin Oranges	<b>6.</b> Salmon Cake Red Potatoes w/ Cheddar Cheese Capri Vegetables 3 Bean Salad Peaches ◆ W. W. Bread	<b>7.</b> Teriyaki Beef Rice Mixed Vegetables <u>Yams</u> Green Salad Apricots ◆ W. W. Bread	<b>8.</b> B.B.Q. Chicken Mashed Potatoes *Broccoli Green Salad Banana ◆ W. W. Bread
<b>9.</b> Spaghetti w/Meat Sauce Peas & <u>Carrots</u> Green Salad Fruit Cocktail ◆ W. W. Bread	<b>10.</b> Roasted Turkey with Baked Beans *Broccoli Green Salad Pineapple ◆ W. W. Roll	<b>11.</b> “Oven Fried” Chicken Roasted <u>Yams</u> Stir Fry Vegetables Pea Salad Fruit Salad ◆ W. W. Roll	<b>12.</b> Macaroni and Cheese Italian Chicken Sausage Mixed Vegetables Marinated Vegetable Salad Watermelon ◆ W.W. Roll	<b>13.</b> Pot Roast Red Potatoes Green Beans Green Salad Strawberries ◆ W. W. Roll	<b>14.</b> Spring Luncheon Ham Potatoes Romanoff *Swiss Chard Green Salad Fresh Fruit Salad Key Lime Tart ◆ W. W. Roll	<b>15.</b> Chicken Enchilada Spanish Rice Green Beans Green Salad w/Tomato *Mandarin Oranges ◆ W. W. Bread
<b>16.</b> Hot Roast Beef Sandwich Mashed Potatoes Peas -Green Salad Peaches	<b>17.</b> Pulled Pork Sandwich Green Beans Red Potatoes Green Salad Pears	<b>18.</b> Tuna Salad Pasta Salad Fresh Fruit Salad <u>Carrots</u> Cookie ◆ W. W. Bread	<b>19.</b> Tamale Pie Spanish Rice *Cauliflower Green Salad Fruit Salad ◆ W. W. Roll	<b>20.</b> Roasted Turkey Mashed Potatoes Peas Green Salad w/ Tomato Apricots ◆ W. W. Roll	<b>21.</b> Baked Ziti with Italian Sausage Italian Vegetables Green Salad Fruit Salad ◆ W. W. Bread	<b>22.</b> Salisbury Steak Baked Potato Mixed Vegetables Green Salad Strawberries ◆ W. W. Roll
<b>23.</b>  Vegetable Lasagna <u>Swiss Chard</u> Green Salad Fruit Cocktail ◆ W. W. Roll	<b>24.</b> Cheese Burger Red Potatoes <u>Carrots</u> Green Salad Watermelon ◆ W. W. Roll	<b>25.</b> Fish Filets Oven Roasted <u>Yams</u> Green Beans Green Salad w/ HB Egg Fruit Salad Garlic Bread	<b>26.</b> Caesar Salad w/Chicken Macaroni Salad Fruit Salad Baby <u>Carrots</u> Pound Cake ◆ W.W Bread	<b>27.</b> Chili Colorado Spanish Rice Mixed Vegetables Green Salad w/ Tomatoes Cherries ◆ W. W. Roll	<b>28.</b> Chicken Cacciatore Polenta <u>Spinach</u> Green Salad Fruit Cocktail Garlic Bread	<b>29.</b> Baked Chicken Brown Rice *Broccoli Green Salad w/Tomato *Mandarin Oranges ◆ W. W. Bread

Menu subject to change