

Petaluma Senior Café Menú 2017

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Daily</i> 1 cup 1% Milk Bread Butter</p>	<p>*Vitamin C _ Vitamin A ◆ Fiber ♻ Salt</p>			
<p>3. Lasagna <u>Spinach</u> Green Salad w/HB Egg *Mandarin Oranges ◆ W. W. Roll</p>	<p>4. Creole Pork Rice *Broccoli Coleslaw Strawberries Cornbread</p>	<p>5. Chicken Enchiladas Refried Beans <u>Carrots</u> Green Salad Jell-O with *Mandarin Oranges</p>	<p>6. Salmon Cake Red Potatoes w/ Cheddar Cheese Capri Vegetables 3 Bean Salad Peaches ◆ W. W. Bread</p>	<p>7. Teriyaki Beef Rice Mixed Vegetables <u>Yams</u> Green Salad Apricots ◆ W. W. Bread</p>
<p>10. Roasted Turkey with Baked Beans *Broccoli Green Salad Pineapple ◆ W. W. Roll</p>	<p>11. "Oven Fried" Chicken Roasted <u>Yams</u> Stir Fry Vegetables Pea Salad Fruit Salad ◆ W. W. Roll</p>	<p>12. Macaroni and Cheese Italian Chicken Sausage Mixed Vegetables Marinated Vegetable Salad Watermelon ◆ W.W. Roll</p>	<p>13. Pot Roast Red Potatoes Green Beans Green Salad Strawberries ◆ W. W. Roll</p>	<p>14. Spring Luncheon Ham Potatoes Romanoff *Swiss Chard Green Salad Fresh Fruit Salad Key Lime Tart ◆ W. W. Roll</p>
<p>17. Pulled Pork Sandwich Green Beans Red Potatoes Green Salad Pears</p>	<p>18. Tuna Salad Pasta Salad Fresh Fruit Salad <u>Carrots</u> Cookie ◆ W. W. Bread</p>	<p>19. Tamale Pie Spanish Rice *Cauliflower Green Salad Fruit Salad ◆ W. W. Roll</p>	<p>20. Roasted Turkey Mashed Potatoes Peas Green Salad w/ Tomato /Apricots ◆ W. W. Roll</p>	<p>21. Baked Ziti with Italian Sausage Italian Vegetables Green Salad Fruit Salad ◆ W. W. Bread</p>
<p>24. Cheese Burger Red Potatoes <u>Carrots</u> Green Salad Watermelon ◆ W. W. Roll</p>	<p>25. Fish Filets Oven Roasted <u>Yams</u> Green Beans Green Salad w/HB Egg Fruit Salad Garlic Bread</p>	<p>26. Caesar Salad w/Chicken Macaroni Salad Fruit Salad Baby <u>Carrots</u> Pound Cake ◆ W.W Bread</p>	<p>27. Chili Colorado Spanish Rice Mixed Vegetables Green Salad w/ Tomatoes Cherries ◆ W. W. Roll</p>	<p>28. Chicken Cacciatore Polenta <u>Spinach</u> Green Salad Fruit Cocktail Garlic Bread</p>

PETALUMA PEOPLE SERVICES CENTER
PETALUMA SENIOR CAFÉ
 Located at 211 Novak Drive
 12:00 p.m. to 2:00 p.m. Activities
 1:00 p.m. Lunch

Senior suggested donation \$ 3.50 – 8.00
 Under 60 please pay \$6.00
 Reservations recommended by 3:00 p.m.
 the day before. Phone # 765-8488
 Please have the exact change. Thank you
 No one is refused services due to an
 inability to contribute

Donación Sugerida 3.50 – 8.00
 Menores de 60 años por favor pagar \$6.00
 Se recomienda hacer reservaciones el día
 anterior antes de las 3:00pm. Tel:765-8488
 Por favor tenga el cambio exacto, Gracias
 No serán rechazadas las personas que no
 puedan contribuir con una donación

Menu Subject to Change