

**Petaluma People Services Center
February 2018 – Meals on Wheels**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Daily <i>1 cup 1% Milk</i> Bread Butter	*Vitamin C _Vitamin A ◆Fiber  Salt		1. Beef Fajitas Rice <u>Spinach</u> Tomato and Green Salad *Orange ◆W. W. Roll	2. Baked Fish Brown Rice Confetti Peas Broccoli-Cranberry Salad ◆W.W Roll	3. Meatloaf Mashed Potatoes Buttered Corn Green Salad *Orange ◆W.W. Bread
4. Hot Roast Beef Sandwich Mashed Potato <u>Carrots</u> - Green Salad Strawberries ◆W. W. Bread	5. Chicken a la King Biscuit *Broccoli Normandy Green Salad Apricots	6. Lasagna Italian Vegetables Green Salad Strawberries ◆W. W. Bread	7. Lemon Baked Chicken Oven Roasted <u>Yams</u> Stir Fry Vegetables Green Salad Fruit Cocktail ◆W. W. Roll	8. Chili Verde Spanish Rice Winter Squash Green Salad *Orange ◆W. W. Roll	9. Beef Stew Cauliflower Green Salad Banana Cornbread	10. B.B.Q. Chicken Mashed Potatoes *Broccoli Green Salad Peaches ◆W. W. Bread
11. Pasta w/Meat Sauce Peas & <u>Carrots</u> Green Salad w/Egg Fruit Cocktail *Orange Juice ◆W. W. Bread	12. Spanish Chicken with Rice (Arroz con Pollo) Capri Vegetables Coleslaw Pineapple ◆W. W. Roll	13. Beef Ravioli with Meat Sauce Mixed Vegetables Italian <u>Carrot</u> Salad Hard Boiled Egg Peaches ◆W.W. Bread	14. Happy Valentine's Day Lamb Stew Red Potatoes Peas Green Salad Cup Cake ◆W.W. Roll	15. Ham with Sweet n' Sour Sauce Brown Rice Confetti *Broccoli Normandy Green Salad Fresh Fruit Salad ◆W.W. Roll	16. Meatloaf Mashed Potatoes Green Beans Green Salad *Mandarin Oranges ◆W. W. Roll	17. Chicken Enchilada Spanish Rice Capri Vegetables Green Salad w/Tomato Banana ◆W. W. Bread
18. Hot Roast Beef Sandwich Mashed Potatoes Peas Green Salad Peaches	19. Swiss Steak Rice Zucchini/Yellow Squash Green Salad *Mandarin Oranges ◆W. W. Roll	20. Stir Fried Chicken with Vegetables Jasmine Rice Green Beans – <u>Carrot</u> *Orange & Pineapple Salad Banana ◆W. W. Roll	21. Pork Loin with Mushroom Sauce Stuffing Swiss Chard - Green Salad Strawberries Cookie ◆W. W. Roll	22. Spaghetti with Meat Sauce <u>Spinach</u> Green Salad Apple Garlic Bread	23. Hot Turkey Sandwich Red Potatoes Italian Vegetables Coleslaw Cherries ◆W. W. Roll	24. Salisbury Steak Baked Potato *Broccoli Normandy Green Salad Banana ◆W. W. Roll
25.  Vegetable Lasagna <u>Carrots</u> Green Salad Fruit Salad ◆W. W. Roll	26. Baked Fish Rice Pilaf Mixed Vegetables <u>Spinach</u> Salad *Orange ◆W. W. Roll	27.  Meatball Stroganoff Green Beans Green Salad Strawberries Cake Garlic Bread	28. BBQ Chicken Mashed Potatoes Peas and <u>Carrots</u> Coleslaw Fruit Cocktail ◆W. W. Bread			

Menu subject to change