

Petaluma Senior Café Menú 2018

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. CLOSED FOR NEW YEAR'S DAY!	2. Meatball Stroganoff Green Beans Green Salad Strawberries Cake Garlic Bread	3. BBQ Chicken Mashed Potatoes Peas and <u>Carrots</u> Coleslaw Fruit Cocktail ♦W. W. Bread	4. Pork Chow Mein Brussels Sprouts Cucumber-Red Onion Salad Pineapple ♦W. W. Roll	5. Shepperd's Pie Swiss Chard Green Salad Peaches ♦W.W Roll
8. Chicken a la King Biscuit *Broccoli Normandy Green Salad Apricots	9. Lasagna Italian Vegetables Green Salad Strawberries ♦W. W. Bread	10. Lemon Baked Chicken Oven Roasted <u>Yams</u> Stir Fry Vegetables Green Salad Fruit Cocktail ♦W. W. Roll	11. Chili Verde Spanish Rice Winter Squash Green Salad *Orange ♦W. W. Roll	12. Beef Stew Cauliflower Green Salad Banana Cornbread
15. CLOSED FOR MARTIN LUTHER KING DAY!	16. Beef Ravioli with Meat Sauce Mixed Vegetables Italian <u>Carrot</u> Salad Hard Boiled Egg Peaches ♦W.W. Bread	17. Ham with Sweet n'Sour Sauce Brown Rice Confetti *Broccoli Normandy Green Salad Fresh Fruit Salad ♦W.W. Roll	18. Meatloaf Mashed Potatoes Green Beans Green Salad *Mandarin Oranges ♦W. W. Roll	19. Salmon Burgers Potatoes Brussels Sprouts Condiments Fruit Salad ♦W. W. Bread
22. Swiss Steak Rice Zucchini/Yellow Squash Green Salad *Mandarin Oranges ♦W. W. Roll	23. Stir Fried Chicken with Vegetables Jasmine Rice Green Beans – <u>Carrot</u> *Orange & Pineapple Salad Banana ♦W. W. Roll	24. Pork Loin w/Mushroom Sauce Stuffing Swiss Chard Green Salad Strawberries - Cookie ♦W. W. Roll	25. Spaghetti with Meat Sauce <u>Spinach</u> Green Salad Apple Garlic Bread	26. Hot Turkey Sandwich Red Potatoes Italian Vegetables Coleslaw Cherries ♦W. W. Roll
29. Chicken Parmesan Italian Vegetables Green Salad Fruit Salad ♦W. W. Roll	30. Turkey Chili w/Cheese Swiss Chard Coleslaw Peaches Cornbread	31. Burgundy Beef Egg Noodles Cauliflower Green Salad Strawberries ♦W. W. Roll	Daily 1 cup 1% Milk Bread Butter	
			*Vitamin C _ Vitamin A ♦Fiber ♻ Salt	

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