



Petaluma Senior Café Menú 2017

May

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.  All Beef Hot Dog Chili Beans <u>Carrots</u> HB Egg Green Salad *Orange	2. Lemon Chicken Brown Rice Mixed Vegetables Green Salad Fruit Salad ♦W. W. Roll	3. Pork Loin with Mushroom Sauce Stuffing Summer Squash Green Salad w/Tomatoes Apricots	4. Baked Fish Baked Potato Stir Fry Vegetables <u>Carrot</u> Raisin Salad Berry Cobbler ♦W. W. Bread	5. Cinco de Mayo Fajitas Rice *Brussel Sprouts Beet Salad Cinnamon Apples ♦W. W. Bread
8. Lasagna <u>Spinach</u> Green Salad w/ HB Egg *Mandarin Oranges ♦W. W. Roll	9. Creole Pork Rice *Broccoli Coleslaw Strawberries Cornbread	10. Chicken Enchiladas Refried Beans <u>Carrots</u> Green Salad Jell-O with *Mandarin Oranges	11. Salmon Cake Red Potatoes w/ Cheddar Cheese Capri Vegetables 3 Bean Salad Peaches ♦W. W. Roll	12. Mother's Day Luncheon Quiche Lorraine Peas Green Salad Fresh Fruit Salad ♦W. W. Roll
15. Roasted Turkey with Baked Beans *Broccoli Green Salad Pineapple ♦W. W. Roll	16. "Oven Fried" Chicken Roasted <u>Yams</u> Stir Fry Vegetables Pea Salad Fruit Salad ♦W. W. Roll	17. Macaroni and Cheese Italian Chicken Sausage Mixed Vegetables Marinated Vegetable Salad Watermelon ♦W. W. Roll	18. Pot Roast Red Potatoes Green Beans Green Salad Strawberries ♦W. W. Roll	19. Roasted Turkey with Baked Beans *Broccoli Green Salad Pineapple ♦W. W. Roll
22. Pulled Pork Sandwich Green Beans Red Potatoes Green Salad Pears	23. Tuna Salad Pasta Salad Fresh Fruit Salad <u>Carrots</u> Cookie ♦W. W. Bread	24. Tamale Pie Spanish Rice Cauliflower Green Salad Fruit Salad ♦W. W. Roll	25. Roasted Turkey Mashed Potato Peas Green Salad w/ Tomato Apricots ♦W. W. Roll	26. Baked Ziti with Italian Sausage <u>Italian Vegetables</u> Green Salad Fruit Salad ♦W. W. Bread
29. <p style="text-align: center;">CLOSED FOR MEMORIAL DAY!</p>	30. Fish Filets Oven Roasted <u>Yams</u> Green Beans Green Salad w/HB Egg Fruit Salad Garlic Bread	31. Caesar Salad w/Chicken Fruit Salad *Coleslaw Fruit Cocktail ♦W. W. Bread	<p style="text-align: center;">Vitamin C Vitamin A ♦Fiber  Salt</p>	<p style="text-align: center;"><i>Daily 1 cup 1% Milk Bread Butter</i></p>

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