

Petaluma Senior Café Menú 2017

November

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. Chicken Parmesan Italian Vegetables Green Salad Fruit Salad ♦W. W. Roll	2. Beef Fajitas Rice <u>Spinach</u> Tomato and Green Salad *Orange ♦W. W. Roll	3. Turkey Chili w/Cheese Swiss Chard Coleslaw Peaches Cornbread
6. Chicken a la King Biscuit *Broccoli Normandy Green Salad Apricots	7. Beef Stew Cauliflower Green Salad Banana Cornbread	8. Lemon Baked Chicken Oven Roasted <u>Yams</u> Stir Fry Vegetables Green Salad Fruit Cocktail ♦W. W. Roll	9. Chili Verde Spanish Rice Winter Squash Green Salad *Orange ♦W. W. Roll	10. CLOSED FOR VETERANS DAY
13. Spanish Chicken with Rice (Arroz con Pollo) Capri Vegetables Coleslaw Pineapple - Cookie ♦W. W. Roll	14. Salmon Burgers Potatoes Brussels Sprouts Condiments Fruit Salad ♦W. W. Bread	15. Beef Ravioli w/Meat Sauce Mixed Vegetables Italian <u>Carrot</u> Salad Hard Boiled Egg Peaches ♦W.W. Bread	16. Meatloaf Mashed Potatoes Green Beans Green Salad *Mandarin Oranges ♦W. W. Roll	17. Ham w/ Sweet and Sour Sauce Brown Rice Confetti *Broccoli Normandy Green Salad Fresh Fruit Salad ♦W. W. Roll
20. Swiss Steak Rice Zucchini/Yellow Squash Green Salad *Mandarin Oranges ♦W. W. Roll	21. Thanksgiving! Turkey w/Gravy Mashed Potatoes <u>Yams</u> Stuffing - Peas Green Salad Pumpkin Pie	22. Spaghetti with Meat Sauce <u>Spinach</u> Green Salad Apple Garlic Bread	23. Turkey w/Gravy Mashed Potatoes <u>Yams</u> Stuffing Peas Green Salad Pumpkin Pie	24. Hot Turkey Sandwich Red Potatoes Italian Vegetables Coleslaw Cherries ♦W. W. Bread
27. Baked Fish Rice Pilaf <u>Mixed Vegetables</u> Spinach Salad *Orange Cornbread	28. 🍴 Meatball Stronganoff Green Beans Green Salad Strawberries Cake Garlic Bread	29. BBQ Chicken Mashed Potatoes Peas and <u>Carrots</u> Coleslaw Fruit Cocktail ♦W.W Bread	30. Pork Chow Mein Brussels Sprouts Cucumber& Red Onion Salad Pineapple ♦W. W. Roll	Daily 1 cup 1% Milk Bread Butter

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