

Petaluma Senior Café Menú 2017

September






MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><i>Daily</i> <i>1 cup 1% Milk</i> <i>Bread</i> <i>Butter</i></p>	<p>*Vitamin C _Vitamin A ◆ Fiber  Salt</p>			<p>1. Labor Day Party Baked Fish Baked Potato Stir Fry Vegetables Carrot Raisin Salad Berry Cobbler ◆ W. W. Bread</p>
<p>4.</p> <p>CLOSED FOR LABOR DAY!</p>	<p>5.  Beef Hot Dog Chili Beans <u>Carrots</u> HB Egg Green Salad *Orange</p>	<p>6. Chicken Enchiladas Refried Beans <u>Carrots</u> Green Salad Jell-O with *Mandarin Oranges</p>	<p>7. Creole Pork Rice *Broccoli Coleslaw Strawberries Cornbread</p>	<p>8. Teriyaki Beef Rice Mixed Vegetables <u>Yams</u> Green Salad Apricots ◆ W. W. Bread</p>
<p>11.  Ham Mashed Potatoes Swiss Chard Cottage Cheese w/ Tomato Fruit Salad ◆ W. W. Roll</p>	<p>12. “Oven Fried” Chicken Roasted <u>Yams</u> Stir Fry Vegetables Pea Salad Fruit Salad ◆ W. W. Roll</p>	<p>13. Macaroni and Cheese Italian Chicken Sausage Mixed Vegetables Marinated Vegetable Salad Watermelon ◆ W. W. Roll</p>	<p>14. Pot Roast Red Potatoes Green Beans Green Salad Strawberries ◆ W. W. Roll</p>	<p>15. Roasted Turkey with Baked Beans *Broccoli Green Salad Pineapple ◆ W. W. Roll</p>
<p>18. Pulled Pork Sandwich Green Beans Red Potatoes Green Salad Pears</p>	<p>19. Tuna Salad Pasta Salad Fresh Fruit Salad <u>Carrots</u> Cookie ◆ W. W. Bread</p>	<p>20. Tamale Pie Spanish Rice Cauliflower Green Salad Fruit Salad ◆ W. W. Roll</p>	<p>21. Roasted Turkey Mashed Potato Peas Green Salad w/Tomato Apricots ◆ W. W. Roll</p>	<p>22. Baked Ziti with Italian Sausage <u>Italian Vegetables</u> Green Salad Fruit Salad ◆ W. W. Bread</p>
<p>25. Cheese Burger Red Potatoes <u>Carrots</u> Green Salad Watermelon ◆ W. W. Roll</p>	<p>26. Chicken Cacciatore Polenta <u>Spinach</u> Green Salad Fruit Cocktail Garlic Bread</p>	<p>27. Caesar Salad w/Chicken Macaroni Salad Fruit Salad <u>Baby Carrots</u> Pound Cake ◆ W. W. Bread</p>	<p>28. Chili Colorado Spanish Rice Mixed Vegetables Green Salad w/Tomatoes Cherries ◆ W. W. Roll</p>	<p>29. Fish Filets Oven Roasted <u>Yams</u> Green Beans/Green Salad w/HB Egg Fruit Salad Garlic Bread</p>

Menu Subject to Change

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