



**Petaluma People Services Center**  
**April 2019 – Meals on Wheels**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1. Italian Pork Ragu w/Egg Noodles Summer Squash Green Salad w/ Tomatoes Apricots Garlic Bread	2. Burgundy Beef Brown Rice Confetti *Brussel Sprouts Beet Salad Apple ◆ W. W. Bread	3.  All Beef Hot Dog Chili Beans <u>Carrots</u> HB Egg Green Salad *Orange	4. Lemon Chicken Rice Pilaf Mixed Vegetables Green Salad Fruit Salad ◆ W. W. Roll	5. Baked Fish Baked Potato Stir Fry Vegetables <u>Carrot</u> Raisin Salad Berry Cobbler ◆ W. W. Bread	6. Meatloaf Mashed Potatoes Buttered Corn Green Salad *Orange ◆ W. W. Bread
7. Hot Roast Beef Sandwich Mashed Potato <u>Carrots</u> - Green Salad Fruit Cocktail ◆ 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. Tuna w/Lemon Caper Sauce Linguine Capri Vegetables 3 Bean Salad Cherries ◆ W. W. Bread	12. Teriyaki Beef Rice Mixed Vegetables <u>Yams</u> Green Salad Apricots ◆ W. W. Bread	13. B.B.Q. Chicken Mashed Potatoes *Broccoli Green Salad Peaches ◆ W. W. Bread
14. Pasta w/Meat Sauce Peas & <u>Carrots</u> Green Salad w/Egg Fruit Cocktail *Orange Juice	15. Roasted Turkey with Baked Beans *Broccoli Green Salad Pineapple ◆ W. W. Roll	16. Chicken with Biscuits and Gravy <u>Yams</u> Stir Fry Vegetables Pea Salad Fruit Salad ◆ W. W. Roll	17. Macaroni and Cheese Mixed Vegetables Hard Boiled Egg Marinated Vegetable Salad Watermelon ◆ W. W. Roll	18. Hungarian Goulash Buttered Noodles <u>Spinach</u> Green Salad Strawberries Garlic Bread	19.  Spring Luncheon Ham Roasted Gold Potatoes Cottage Cheese /Tomato Fruit Salad - Cake ◆ W. W. Roll	20. Chicken Enchilada Spanish Rice Capri Vegetables Green Salad w/Tomato *Banana
21. Hot Roast Beef Sandwich Mashed Potatoes Peas Green Salad Peaches	22. Pulled Pork Sandwich Red Potatoes Green Beans Green Salad Pears	23. Roasted Turkey Mashed Potatoes Peas Green Salad w/ Tomato Apricots ◆ W. W. Roll	24. Tamale Pie Spanish Rice Cauliflower Green Salad Fruit Salad ◆ W. W. Roll	25. Tuna Salad Pasta Salad Fresh Fruit Salad <u>Carrots</u> Cookie ◆ W. W. Bread	26. Baked Ziti with Italian Sausage Italian Vegetables Green Salad Fruit Cocktail ◆ W. W. Bread	27. Salisbury Steak Baked Potato Mixed Vegetables Green Salad Strawberries ◆ W. W. Roll
28.  Vegetable Lasagna <u>Swiss Chard</u> Green Salad Fruit Cocktail ◆ W. W. Roll	29. Chili Colorado Spanish Rice Mixed Vegetables Green Salad w/Tomatoes Cherries	30. Fish Filets <u>Yams</u> Green Beans Green Salad w/HB Egg Fruit Salad Garlic Bread		<i>Daily</i> <i>1 cup 1% Milk</i> <i>Bread</i> <i>Butter</i>	* <b>Vitamin C</b> _ <b>Vitamin A</b> ◆ <b>Fiber</b>  <b>Salt</b>	

Menu subject to change