


## Petaluma Senior Café Menu - April 2020

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
<p><i><b>Daily</b></i>  <b>1 cup 1% Milk</b>  <b>Bread</b>  <b>Butter</b></p>	<p><b>*Vitamin C</b>  <b>_Vitamin A</b>  <b>◆Fiber</b>  <b>Salt</b></p>	<p><b>1.</b> Ratatouille Polenta                  Parmesan Cheese                  Mixed Vegetables                  Italian <u>Carrot Salad</u>                  HB Egg                  Apple Slices                  ◆W. W. Bread</p>	<p><b>2.</b> Spanish Chicken                  Brown Rice                  Zucchini                  Coleslaw                  Banana                  ◆W. W. Roll</p>	<p><b>3.</b> Meatloaf                  Mashed Potatoes                  Green Beans                  Green Salad w/ Tomatoes                  &amp; <u>Carrots</u>                  *Mandarin Oranges                  ◆W. W. Bread</p>
<p><b>6.</b>  Beef Lasagna                  Italian Vegetables                  Green Salad w/ Carrots &amp;                  Tomatoes                  Pineapple                  ◆W. W. Bread</p>	<p><b>7.</b> Lemon Baked Chicken                  Brown Rice                  Stir Fry Vegetables                  Green Salad w/ Tomatoes                  and <u>Carrots</u>                  Peaches                  ◆W. W. Roll</p>	<p><b>8.</b> Baked Fish                  Etoufee Hoppin John w/                  Brown Rice Zucchini                  and Yellow Squash                  Pea Salad                  Banana                  ◆W. W. Roll</p>	<p><b>9.</b> Chili Verde                  Brown Spanish Rice                  Winter Squash                  Green Salad                  w/Tomatoes                  &amp; <u>Carrots</u>                  *Orange Wedges                  ◆W. W. Roll</p>	<p><b>10.</b> <i><b>Spring Luncheon</b></i>                  Roasted Turkey                  Mashed Potatoes w/ Gravy                  Italian Green Beans- Green                  Salad w/Tomatoes &amp; <u>Carrots</u>                  Apricots- Carrot Cake                  ◆W. W. Roll</p>
<p><b>13.</b> Shepherd's Pie                  w/ Mashed Potatoes  <u>Swiss Chard</u>                  Green Salad w/ Tomatoes                  &amp; <u>Carrots</u>                  Peaches                  ◆W. W. Roll</p>	<p><b>14.</b> Meatball Stroganoff                  with Egg Noodles                  Green Beans                  Green Salad with                  Tomatoes &amp; <u>Carrots</u>                  Strawberries                  ◆W. W. Roll</p>	<p><b>15.</b> Dijon Chicken                  Mashed Potatoes                  Peas and <u>Carrots</u>                  Coleslaw                  Applesauce                  ◆W. W. Roll</p>	<p><b>16.</b> Pork Chow Mein                  Brown Rice                  *Brussels Sprouts                  Cucumber-Red Onion                  Salad                  Pineapple                  ◆W. W. Roll</p>	<p><b>17.</b> Baked Fish                  Brown Rice Pilaf                  California Blend Vegetables  <u>Spinach</u> Salad w/ Tomatoes                  and <u>Carrots</u>                  *Orange Wedges                  ◆W. W. Roll</p>
<p><b>20.</b> Pork Loin                  with Mushroom Sauce                  Stuffing-<u>Swiss Chard</u>                  Green Salad w/ Tomatoes                  &amp; <u>Carrots</u>                  Strawberries                  ◆W. W. Roll</p>	<p><b>21.</b> Stir Fried Chicken                  with Vegetables                  Jasmine Rice                  Green Beans  <u>Carrot/Pineapple/Orange</u>                  Salad - Banana                  ◆W. W. Roll</p>	<p><b>22.</b> Spaghetti                  with Meat Sauce  <u>Spinach</u>                  Green Salad w/                  Tomatoes &amp; <u>Carrots</u>                  Sliced Canned Apples                  ◆W. W. Roll</p>	<p><b>23.</b> Hot Roast                  Beef Sandwich                  Red Potatoes                  Italian Vegetables                  *Coleslaw                  Cherries                  ◆W. W. Roll</p>	<p><b>24.</b> Swiss Steak                  Brown Rice                  Blend Zucchini/Yellow                  Squash – Green Salad w/                  Tomatoes &amp; <u>Carrots</u>                  *Mandarin Oranges                  W. W. Roll</p>
<p><b>27.</b> Beef Ravioli                  w/ Meat Sauce                  Mixed Vegetables                  Italian <u>Carrot Salad</u>                  HB Egg                  Peaches                  ◆W. W. Roll</p>	<p><b>28.</b> Sweet n Sour Chicken                  Brown Rice Confetti                  *Broccoli -Normandy                  Green Salad w/Tomatoes                  &amp; <u>Carrots</u>                  Fresh Fruit Salad                  ◆W. W. Roll</p>	<p><b>29.</b> Baked Fish                  Parsley – Potatoes                  Brussels Sprouts                  Green Salad w/ Tomatoes                  &amp; <u>Carrots</u>                  Pineapple                  ◆W. W. Bread</p>	<p><b>30.</b> Meatloaf                  Mashed Potatoes                  Green Beans                  Green Salad w/                  Tomatoes &amp; <u>Carrots</u>                  *Mandarin Oranges                  ◆W. W. Roll</p>	

**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. Teléfono:765-8488**  
**Por favor tenga el cambio exacto, Gracias**  
**No serán rechazadas las personas que no puedan contribuir con una donación**

**Donor 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**