

## Petaluma Senior Café Menú 2016

### August

	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 w/Mushroom Sauce Stuffing Summer Squash Green Salad w/ Tomatoes Apricots
8.	Creole Pork Rice *Broccoli Coleslaw Strawberries Cornbread	9.	Lasagna Spinach Green Salad w/HB Egg *Mandarin Oranges ♦W. W. Roll	10.	Chicken Enchiladas Refried Beans <u>Carrots</u> Green Salad Jell-O with Fruit Cocktail *Orange Juice
15.	Ham Mashed Potatoes Swiss Chard Cottage Cheese with Tomato-Fruit Salad ♦W. W. Roll	16.	“Oven Fried” Chicken <u>Roasted 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
22.	Pulled Pork Sandwich Green Beans Baked Potato Green Salad Pears *Orange Juice	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
29.	Cheese Burger Red Potatoes <u>Carrots</u> -Green Salad Watermelon *Orange Juice ♦W. W. Roll	30.	Fish Filets Oven Roasted <u>Yams</u> Green Beans - Green Salad w/HB Egg Fruit Salad ♦W. W. Bread	31.	Caesar Salad w/Chicken Macaroni Salad Fruit Salad - <u>Baby Carrots</u> Pound Cake ♦W. W. Bread
				<i>Daily</i> <i>1 cup 1% Milk</i> <i>Bread</i> <i>Butter</i>	*Vitamin C _Vitamin A ♦Fiber Salt

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

**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

**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