

Petaluma Senior Café Menu - August 2021

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
2. Lemon Chicken Rice Pilaf Mixed Vegetables Green Salad Fruit Salad ♦ W. W. Roll	3. Burgundy Beef Brown Rice Confetti Brussel Sprouts Beet Salad Apple ♦ W. W. Bread	4. Italian Pork Ragu w/Egg Noodles Capri Vegetables Green Salad w/Tomatoes Apricots ♦ W. W. Roll	5. Baked Fish Brown Rice Stir Fry Vegetables <u>Carrot</u> Raisin Salad Boysenberries ♦ W. W. Roll	6. Turkey Casserole with Egg Noodles <u>Carrots</u> Green Salad *Orange Wedges ♦ W. W. Roll
9. 🗑️ Stuffed Bell Peppers *Broccoli Normandy Green Salad w/ HB Egg *Mandarin Oranges ♦ W. W. Roll	10. Creole Pork Rice California Blend Coleslaw Strawberries ♦ W. W. Roll	11. Caesar Salad with Roasted Chicken Macaroni Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Roll	12. Tuna Casserole California Blend Italian <u>Carrot</u> Salad Blueberries ♦ W. W. Bread	13. Teriyaki Beef Jasmine Rice 5 Way Mixed Vegetables Green Salad Apricots ♦ W. W. Roll
16. Hungarian Goulash Buttered Noodles <u>Swiss Chard</u> Green Salad Banana ♦ W. W. Roll	17. Chicken Ranchero Brown Rice with Black Beans *Broccoli Normandy Green Salad Pineapple ♦ W. W. Roll	18. Roasted Turkey Salad with Cranberries and Pecans, Green Salad, Cherry Tomato, Cucumber and Basil Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Roll	19. Macaroni and Cheese Cauliflower Hard Boiled Egg Marinated Vegetable Salad Watermelon ♦ W. W. Roll	20. Meatloaf Mashed Potatoes California Blend Vegetables Cottage Cheese w/ Tomatoes Cinnamon Apples ♦ W. W. Roll
23. Pulled Pork Sandwich Red Potatoes Green Beans Green Salad Pears	24. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Bread	25. Tamale Pie Brown Spanish Rice Cauliflower Green Salad Peaches ♦ W. W. Roll	26. Roasted Turkey Mashed Potatoes Peas Beet Salad Apricots ♦ W. W. Roll	27. Spaghetti with Italian Meat Sauce Italian Vegetables Green Salad *Mandarin Oranges ♦ W. W. Bread
30. Chicken a la King Brown Rice Pilaf <u>Spinach</u> Green Salad Strawberries ♦ W. W. Roll	31. Cheeseburger Roasted Potatoes <u>Carrots</u> Hamburger Condiments Lettuce, Tomato, Red Onion, Pickle Watermelon ♦ W. W. Bun	*Vitamin C Vitamin A ♦ Fiber 🗑️ Salt	<i>Daily</i> <i>1 cup 1% Milk</i> <i>Bread</i> <i>Butter</i>	

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. Teléfono: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