



Petaluma People Services Center - December Menu 2021 - Meals on Wheels

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|---|---|
|  | <p align="center">*Vitamin C *Vitamin A ♦Fiber ♻️Salt</p> | <p><i>Daily</i> <i>1 cup 1% Milk</i> <i>Bread</i> <i>Butter</i></p> | <p>1. Beef Fajitas Mexican Rice Spinach Green Salad *Orange Slices ♦W. W. Roll</p> | <p>2. Tuscan Chicken Polenta Italian Vegetables Green Salad Blueberries ♦W. W. Roll</p> | <p>3. BBQ Beef Sandwich <u>Carrots</u> Green Salad Banana ♦W. W. Roll</p> | <p>4. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ♦W. W. Roll</p> |
| <p>5. Beef Pot Roast Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ♦W. W. Roll</p> | <p>6. Creamy Chicken Alfredo with Penne Pasta Italian Green Beans Pea Salad Apricots ♠♦W. W. Roll</p> | <p>7. Teriyaki Beef Jasmine Rice 5 Way Mixed Vegetables Green Salad Apricots ♦W. W. Roll</p> | <p>8. Caribbean Chicken Brown Rice with Black Beans Peas and <u>Carrots</u> Green Salad Banana ♦W. W. Roll</p> | <p>9. Beef Stew Brown Rice Pilaf Cauliflower 3 Bean Salad Strawberries ♦W. W. Roll</p> | <p>10. ♻️ Stuffed Bell Peppers CA Blend Vegetables Green Salad w/ HB Egg *Mandarin Oranges ♦W. W. Roll</p> | <p>11. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ♦W. W. Roll</p> |
| <p>12. Beef Pot Roast Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ♦W. W. Roll</p> | <p>13. Beef Barley Casserole with Vegetables Green Beans Green Salad Pears ♦W. W. Roll</p> | <p>14. Pork Chili Verde Brown Rice with Pinto Beans *Broccoli Normandy Green Salad Pineapple ♦W. W. Roll</p> | <p>15. Meatloaf Mashed Potatoes California Blend Vegetables Cottage Cheese w/ Tomatoes Strawberries ♦W. W. Roll</p> | <p>16. Lasagna Italian Vegetables Marinated Vegetable Salad Cherries ♦W. W. Roll</p> | <p>17. Baked Fish with Lemon Red Potatoes *Brussel Sprouts Green Salad *Oranges ♦W. W. Roll</p> | <p>18. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ♦W. W. Roll</p> |
| <p>19. Beef Pot Roast Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ♦W. W. Roll</p> | <p>20. Slow Roasted Pork with Apples Butter Egg Noodles Green Beans Green Salad *Mandarin Oranges ♦W. W. Roll</p> | <p>21. Ratatouille Polenta Mixed Vegetables Green Salad Banana ♦W. W. Bread</p> | <p>22. Tamale Pie Brown Spanish Rice Cauliflower Coleslaw Pears ♦W. W. Roll</p> | <p>23. <i>Happy Holidays</i> Chicken Chasseur Mashed Potatoes Roasted Brussel Sprouts Green Salad -Cherries Gingerbread Cake ♦W. W. Roll</p> | <p>24. Beef Stroganoff Egg Noodles <u>Carrots</u> Green Salad – with Tomatoes and <u>Carrots</u> Applesauce ♦W. W. Bread or Roll w/Butter</p> | <p>25. <i>Christmas Holiday</i> Roasted Turkey w/Gravy Mashed Potatoes Stuffing Green Salad Fruit Cup Apple Pie ♦W. W. Roll</p> |
| <p>26. Beef Pot Roast Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ♦W. W. Roll</p> | <p>27. Chicken Marsala Garlic and Roasted Herb Potatoes Italian Vegetables Salad Canned Fruit ♦W. W. Roll</p> | <p>28. Chicken a la King Brown Rice Pilaf <u>Spinach</u> Green Salad Strawberries ♦W. W. Roll</p> | <p>29. Shepherd's Pie California Blend Green Salad Peaches ♦W. W. Roll</p> | <p>30. Happy New Year! Ham Black Eyed Peas Swiss Chard Green Salad Mandarin Oranges</p> | <p>31. New Year's Eve Beef Stroganoff Egg Noodles Carrots – Green Salad w/ Tomatoes and <u>Carrots</u> <u>Applesauce</u> ♦W. W. Roll</p> |  |

Menu subject to change