





**Petaluma People Services Center - December Menu 2022 - Meals on Wheels**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center"><b>Daily</b> 1 cup 1% Milk Bread Butter</p>	<p align="center"><b>*Vitamin C</b> <b>Vitamin A</b> ♦Fiber  Salt</p>			<p>1. Beef Fajitas Spanish Rice California Vegetables Green Salad Blueberries ♦W. W. Roll</p>	<p>2. Baked Fish Brown Rice Confetti Peas Cottage Cheese Salad Apple ♦W. W. Bread</p>	<p>3. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ♦W. W. Roll</p>
<p>4. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ♦W. W. Roll</p>	<p>5. Creamy Lemon-Caper Chicken Penne Pasta *Broccoli Normandy Beef Salad Pears ♦W. W. Roll</p>	<p>6. Chili Verde Spanish Rice Zucchini and Yellow Squash Green Salad *Mandarin Oranges ♦W. W. Roll</p>	<p>7. Baked Fish Potatoes Romanoff Mixed Vegetables Green Salad Apricots ♦W. W. Roll</p>	<p>8. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ♦W. W. Roll</p>	<p>9. Beef Stroganoff Roasted <u>Carrots</u> Pineapple Green Salad Milk Roll</p>	<p>10. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ♦W. W. Roll</p>
<p>11. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ♦W. W. Roll</p>	<p>12. Beef Barley Casserole California Vegetables Beet Salad Cherries ♦W. W. Bread</p>	<p>13. BBQ Chicken Sandwich Roasted <u>Yams</u> Peas Italian <u>Carrot Salad</u> *Oranges ♦W. W. Bun</p>	<p>14. Pork with Apricots Egg Noodles *Broccoli Normandy Green Salad Cinnamon Apples ♦W. W. Roll</p>	<p>15. Pot Roast Brown Rice Pilaf Green Beans Green Salad Blueberries ♦W. W. Roll</p>	<p>16. Sweet n Sour Chicken with Pineapple Jasmine Rice *Brussels Sprouts Green Salad Strawberries ♦W. W. Bread</p>	<p>17. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ♦W. W. Roll</p>
<p>18. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ♦W. W. Roll</p>	<p>19. Swiss Steak Rice Zucchini/Yellow Squash Green Salad Apricots ♦W. W. Roll</p>	<p>20. Pork with Creamy Herb Stuffing <u>Swiss Chard</u> Green Salad Strawberries ♦W. W. Roll</p>	<p>21. Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple ♦W. W. Roll</p>	<p>22. Chicken with Vegetables Jasmine Rice - Green Beans- Carrot Salad with *Oranges and Pineapple Banana ♦W. W. Roll</p>	<p>23. Beef Stroganoff Roasted <u>Carrots</u> <u>Salad</u> *Mandarin Oranges Salad Milk Roll</p>	<p>24. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ♦W. W. Roll</p>
<p>25. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ♦W. W. Roll</p>	<p>26. Shepherd's Pie <u>Swiss Chard</u> Green Salad Banana ♦W. W. Roll</p>	<p>27. Pork Chow Mein Brown Rice *Brussels Sprouts, Cucumber, Tomato, Red Onion Salad Pineapple ♦W. W. Roll</p>	<p>28. Ratatouille Polenta Mixed Vegetables <u>Spinach</u> Salad with Hard Boiled Egg *Orange ♦W. W. Roll</p>	<p>29. Shepherd's Pie <u>Swiss Chard</u> Green Salad Banana ♦W. W. Roll</p>	<p>30. <b>Happy New Year!</b> Ham with Black Eyed Peas – Carrots Green Salad Peaches, Banana Caramel Cake </p>	<p>31. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ♦W. W. Roll</p>

**Menu subject to change**