

## Petaluma Senior Café Menu – December 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
<b>*Vitamin C</b> <b>Vitamin A</b> <b>◆Fiber</b> <b>Salt</b>	<b>Daily</b> <b>1 cup 1% Milk</b> <b>Bread</b> <b>Butter</b>	<b>1.</b> Beef Fajitas Mexican Rice Spinach Green Salad *Orange Slices ◆W. W. Roll	<b>2.</b> Tuscan Chicken Polenta Italian Vegetables Green Salad Blueberries ◆W. W. Roll	<b>3.</b> BBQ Beef Sandwich <u>Carrots</u> Coleslaw Banana ◆W. W. Roll
<b>6.</b> Creamy Chicken Alfredo with Penne Pasta Italian Green Beans Pea Salad Apricots ◆W. W. Roll	<b>7.</b> Teriyaki Beef Jasmine Rice 5 Way Mixed Vegetables Green Salad Apricots ◆W. W. Roll	<b>8.</b> Caribbean Chicken Brown Rice with Black Beans Peas and <u>Carrots</u> Green Salad Banana ◆W. W. Roll	<b>9.</b> Beef Stew Brown Rice Pilaf Cauliflower Coleslaw Strawberries ◆W. W. Roll	<b>10.</b> Stuffed Bell Peppers CA Blend Vegetables Green Salad w/ HB Egg *Mandarin Oranges ◆W. W. Roll
<b>13.</b> Beef Barley Casserole with Vegetables Green Beans Green Salad Pears ◆W. W. Roll	<b>14.</b> Pork Chili Verde Brown Rice with Pinto Beans *Broccoli Normandy Green Salad Pineapple ◆W. W. Roll	<b>15.</b> Meatloaf Mashed Potatoes California Blend Vegetables Cottage Cheese w/ Tomatoes Strawberries ◆W. W. Roll	<b>16.</b> Lasagna Italian Vegetables Marinated Vegetable Salad Cherries ◆W. W. Roll	<b>17.</b> Baked Fish with Lemon Red Potatoes *Brussel Sprouts Green Salad *Oranges ◆W. W. Roll
<b>20.</b> Slow Roasted Pork with Apples Butter Egg Noodles Green Beans Green Salad *Mandarin Oranges ◆W. W. Roll	<b>21.</b> Ratatouille Polenta Mixed Vegetables Green Salad Banana ◆W. W. Bread	<b>22.</b> Tamale Pie Brown Spanish Rice Cauliflower Coleslaw Pears ◆W. W. Roll	<b>23. <i>Happy Holidays!</i></b> Chicken Chasseur Mashed Potatoes *Roasted Brussel Sprouts Green Salad -Cherries Gingerbread Cake ◆W. W. Roll	<b>24.</b> <b>CLOSED</b> <b>FOR</b> <b>CHRISTMAS EVE</b> <b>DAY!!</b>
<b>27.</b> <b>CLOSED</b> <b>FOR</b> <b>CHRISTMAS DAY</b> <b>OBSERVED!!</b>	<b>28.</b> Chicken a la King Brown Rice Pilaf <u>Spinach</u> Green Salad Strawberries ◆W. W. Roll	<b>29.</b> Shepherd's Pie California Blend Green Salad Peaches ◆W. W. Roll	<b>30. Happy New Year!</b> Ham Black Eyed Peas Swiss Chard Green Salad *Mandarin Oranges	<b>31.</b> <b>CLOSED</b> <b>FOR</b> <b>NEW YEAR'S EVE</b> <b>DAY!!</b>

**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