

Petaluma Senior Café Menu 2015

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Chicken a la King Biscuit Mixed Vegetables Green Salad Apricots	3. Beef Stew w/Vegetables and Potatoes Cauliflower Spinach Salad Banana Cornbread	4. Lemon Baked Chicken Oven Roasted Yams Peas Green Salad Fruit Cocktail w. W. Roll	5. Chili Verde Spanish Rice Winter Squash Green Salad *Orange w. W. Roll	6. Cabbage Rolls Red Potatoes Italian Vegetables Green Salad Strawberries w. W. Bread
9. Turkey Chili Swiss chard *Coleslaw Peaches Cornbread	10. Burgundy Beef Egg Noodles Cauliflower Green Salad *Mandarin Oranges w. W. Roll	11. "Oven Friend" Chicken Mashed Potatoes Peas Beet Salad Fruit Salad w. W. Roll	12. Lasagna with Meat Spinach Green Salad *Orange w. W. Roll	13. Baked Fish Brown Rice Confiti Carrots Broccoli-Cranberry Salad Apple Crisp w. W. Bread
16. Breaded Fish Roasted Potatoes *Brussels Sprouts Cottage Cheese Salad Fruit Salad w. W. Bread	17. Beef Ravioli with Meat Sauce Mixed Vegetables Italian Carrot Salad w/Chopped Egg Apple w. W. Bread	18. Spanish Chicken with Rice Scalloped Potatoes *Broccoli Normandy Beet Salad Fresh Fruit Salad w. W. Roll	19. Oven Roasted Ham Scalloped Potatoes *Broccoli Normandy Beet Salad Fresh Fruit Salad w. W. Roll	20. Meatloaf Potatoes Romanoff Green Beans Green Salad *Mandarin Oranges w. W. Roll
23. Salisbury Steak with Rice Zucchini/Yellow Squash Green Salad Pears *Orange Juice w. W. Roll	24. Braised Pork with Apples and Cabbage Baked Potato-*Broccoli Green Salad Strawberries Chocolate Chip Cookie w. W. Roll	25. Stir Fried Chicken with Vegetables Jasmine Rice-Green Beans Carrot - Pineapple Salad Banana *Orange Juice w. W. Roll	26. Spaghetti with Meat Sauce Spinach Green Salad - Apple *Pineapple Orange Juice Garlic Bread	27. Corned Beef Hash Italian Vegetables *Broccoli-Cranberry Salad Cherries with Custard w. W. Roll



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

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

*Vitamin C
 -
 *Vitamin A
 ♦Fiber
 Salt