







**Petaluma People Services Center - February 2024 - Meals on Wheels**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><i>Daily</i> <b>1 cup 1% Milk</b> <b>Bread</b> <b>Butter</b></p>	<p><b>*Vitamin C</b> <b>Vitamin A</b> <b>◆Fiber</b></p> 	 <p><b>PRESIDENTS DAY</b> <b>FEBRUARY 21ST</b></p>	<p><b>1.</b> Baked Fish Confetti Brown Rice Peas *Spinach Salad Apple ◆W. W. Roll</p>	<p><b>2.</b> Arroz con Pollo Chicken w/ Spanish Rice California Vegetables Coleslaw Cherries ◆W. W. Roll</p>	<p><b>3.</b> Chicken Pot Pie *Steamed Broccoli Green Salad Peaches ◆W. W. Roll</p>
<p><b>4.</b> Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll</p>	<p><b>5.</b> Creamy Lemon- Caper Chicken Penne Pasta *Broccoli Normandy Beet Salad Pears ◆W. W. Roll</p>	<p><b>6.</b> Beef Stew Red Potatoes Cauliflower Green Salad Banana ◆W. W. Roll</p>	<p><b>7.</b> Baked Fish Orzo Pasta Mixed Vegetables Green Salad Apricots ◆W. W. Roll</p>	<p><b>8.</b> Chili Verde Spanish Rice Zucchini and Yellow Squash Green Salad *Mandarin Oranges ◆W. W. Roll</p>	<p><b>9.</b> Beef Barley Casserole California Vegetables *Spinach Salad Cherries ◆W. W. Bread</p>	<p><b>10.</b> Chicken Pot Pie *Steamed Broccoli Green Salad Peaches ◆W. W. Roll</p>
<p><b>11.</b> Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll</p>	<p><b>12.</b> Chili Beans with Beef Brown Rice <u>Carrots</u> Mixed Fruit Coleslaw Milk Roll</p>	<p><b>13.</b> Sweet n Sour Chicken w/Pineapple Jasmine Rice *Brussels Sprouts Green Salad Mixed Fruit ◆W. W. Roll</p>	<p><b>14. Valentine's Day</b> Pasta Alfredo with Roasted Turkey Egg Noodles *Broccoli Normandy Green Salad - Fresh Strawberries Pound Cake ◆W. W. Roll</p>	<p><b>15.</b> Pot Roast Brown Rice Pilaf Green Beans Green Salad Banana ◆W. W. Roll</p>	<p><b>16.</b> BBQ Chicken Sandwich Roasted <u>Yams</u> Peas Italian <u>Carrot</u> Salad *Oranges ◆W. W. Bun</p>	<p><b>17.</b> Chicken Pot Pie *Steamed Broccoli Green Salad Peaches ◆W. W. Roll</p>
<p><b>18.</b> Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll</p>	<p><b>19.</b> Beef Stroganoff Roasted <u>Carrots</u> Green Salad Mixed Fruit Milk Roll</p>	<p><b>20.</b> Thai Chicken Jasmine Rice Peas and Carrots Cucumber, Red Onion and Tomato Salad Cherries ◆W. W. Roll</p>	<p><b>21.</b> Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple ◆W. W. Roll</p>	<p><b>22.</b> Turkey with Gravy Mashed Potato Green Beans Green Salad Diced Pears ◆W. W. Roll</p>	<p><b>23.</b> Pulled Pork Sandwich <u>Yam</u> California Vegetables Coleslaw *Mandarin Oranges ◆W. W. Hamburger Bun</p>	<p><b>24.</b> Chicken Pot Pie *Steamed Broccoli Green Salad Peaches ◆W. W. Roll</p>
<p><b>25.</b> Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll</p>	<p><b>26.</b> Stuff Bell Peppers Brown Rice Capri Vegetables <u>Carrot</u> Raisin Salad Pineapple ◆W. W. Roll</p> 	<p><b>27.</b> Pork Chow Mein Brown Rice *Brussels Sprouts Cucumber, Tomato, Red Onion Salad Blueberries ◆W. W. Roll</p>	<p><b>28.</b> Chicken Marsala Roasted Potatoes Peas and <u>Carrots</u> Coleslaw Apricots ◆W. W. Roll</p>	<p><b>29.</b> Shepherd's Pie *Broccoli Normandy Green Salad Banana Roll</p>		

**Menu subject to change - Food may have been processed/exposed too or contain tree nuts, dairy, eggs, soy or wheat. Los alimentos también pueden haber sido procesados / expuestos o contener nueces de árbol, lácteos, huevos, soja o trigo.**