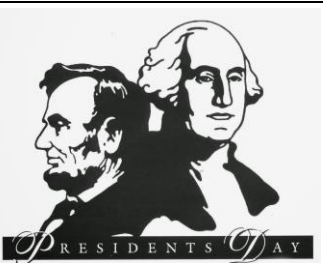




Petaluma People Services Center
February 2019 – Meals on Wheels

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*Vitamin C _Vitamin A ◆Fiber ♻Salt	<i>Daily</i> <i>1 cup 1% Milk</i> <i>Bread</i> <i>Butter</i>			1. Chicken Parmesan Italian Vegetables Green Salad Fruit Salad ◆W. W. Roll	2. Meatloaf Mashed Potatoes Buttered Corn Green Salad *Orange ◆W. W. Bread
3. Hot Roast Beef Sandwich Mashed Potato <u>Carrots</u> - Green Salad Strawberries ◆W. W. Bread	4. Chicken a la King Biscuit Broccoli Normandy Green Salad Apricots	5. Beef Stew Cauliflower Green Salad Banana Cornbread	6. Lemon Baked Chicken Oven Roasted Yams Stir Fry Vegetables Green Salad Fruit Cocktail ◆W. W. Roll	7. Chili Verde Spanish Rice Winter Squash Green Salad *Orange ◆W. W. Roll	8. Lasagna Italian Vegetables Green Salad Strawberries ◆W. W. Bread	9. B.B.Q. Chicken Mashed Potatoes *Broccoli Green Salad Peaches ◆W. W. Bread
10. Pasta w/Meat Sauce Peas & Carrots Green Salad w/Egg Fruit Cocktail *Orange Juice ◆W. W. Bread	11. Baked Fish Parsley <u>Potatoes</u> Brussels Sprouts Green Salad Fruit Salad ◆W. W. Bread	12. Spanish Chicken with Rice (Arroz con Pollo) Capri Vegetables Coleslaw Pineapple ◆W. W. Roll	13. Beef Ravioli w/Meat Sauce Mixed Vegetables Italian <u>Carrot</u> Salad Hard Boiled Egg Peaches ◆W. W. Bread	14. Valentine's Day! Meatloaf Mashed Potatoes Green Beans Green Salad *Mandarin Oranges Cake ◆W. W. Roll	15. Ham with Sweet n' Sour Sauce Brown Rice Confetti *Broccoli Normandy Green Salad Fresh Fruit Salad ◆W. W. Roll	16. Chicken Enchilada Spanish Rice Capri Vegetables Green Salad w/Tomato Banana ◆W. W. Bread
17. Hot Roast Beef Sandwich Mashed Potatoes Peas Green Salad Peaches	18. Swiss Steak Rice Zucchini/ Yellow Squash Green Salad Mandarin *Oranges ◆W. W. Roll	19. Stir Fried Chicken with Vegetables Jasmine Rice Green Beans <u>Carrot-Orange</u> Pineapple Salad Banana ◆W. W. Roll	20. Pork Loin with Mushroom Sauce Stuffing Swiss Chard Green Salad Strawberries Cookie ◆W. W. Roll	21. Spaghetti with Meat Sauce <u>Spinach</u> Green Salad Apple Garlic Bread	22. Hot Turkey Sandwich Red Potatoes Italian Vegetables Coleslaw Cherries ◆W. W. Roll	23. Salisbury Steak Baked Potato *Broccoli Normandy Green Salad Banana ◆W. W. Roll
24. ♻Vegetable Lasagna <u>Carrots</u> Green Salad Fruit Salad ◆W. W. Roll	25. Baked Fish Rice Pilaf Mixed Vegetables <u>Spinach</u> Salad *Orange Cornbread	26. Meatball Stroganoff Green Beans Green Salad Strawberries Cake Garlic Bread	27. BBQ Chicken Mashed Potatoes Peas and <u>Carrots</u> Coleslaw Fruit Cocktail ◆W. W. Bread	28. Pork Chow Mein Brussel Sprouts Cucumber- Red Onion Salad Pineapple ◆W. W. Roll		

Menu subject to change