



Petaluma Senior Café Menu 2018

February

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
<p><i>Daily</i> 1 cup 1% Milk Bread Butter</p>	<p>*Vitamin C _Vitamin A ♦Fiber ☼ Salt</p>		<p>1. Beef Fajitas Rice <u>Spinach</u> Tomato and Green Salad *Orange ♦W. W. Roll</p>	<p>2. Baked Fish Brown Rice Confetti Peas Broccoli-Cranberry Salad ♦W.W Roll</p>
<p>5. Chicken a la King Biscuit *Broccoli Normandy Green Salad Apricots</p>	<p>6. Lasagna Italian Vegetables Green Salad Strawberries ♦W. W. Bread</p>	<p>7. Lemon Baked Chicken Oven Roasted <u>Yams</u> Stir Fry Vegetables Green Salad Fruit Cocktail ♦W. W. Roll</p>	<p>8. Chili Verde Spanish Rice Winter Squash Green Salad *Orange ♦W. W. Roll</p>	<p>9. Beef Stew Cauliflower Green Salad Banana Cornbread</p>
<p>12. Spanish Chicken with Rice (Arroz con Pollo) Capri Vegetables Coleslaw Pineapple ♦W. W. Roll</p>	<p>13. Beef Ravioli with Meat Sauce Mixed Vegetables Italian <u>Carrot</u> Salad Hard Boiled Egg Peaches ♦W. W Bread</p>	<p>14. Happy Valentine's Day Lamb Stew Red Potatoes Peas Green Salad Cup Cake ♦W.W. Roll</p>	<p>15. Ham with Sweet n' Sour Sauce Brown Rice Confetti *Broccoli Normandy Green Salad Fresh Fruit Salad ♦W.W. Roll</p>	<p>16. Meatloaf Mashed Potatoes Green Beans Green Salad *Mandarin Oranges ♦W. W. Roll</p>
<p>19. CLOSED FOR PRESIDENTS' DAY!</p>	<p>20. Stir Fried Chicken with Vegetables Jasmine Rice Green Beans – <u>Carrot</u> *Orange & Pineapple Salad Banana ♦W. W. Roll</p>	<p>21. Pork Loin with Mushroom Sauce Stuffing Swiss Chard - Green Salad Strawberries Cookie ♦W. W. Roll</p>	<p>22. Spaghetti with Meat Sauce <u>Spinach</u> Green Salad Apple Garlic Bread</p>	<p>23. Hot Turkey Sandwich Red Potatoes Italian Vegetables Coleslaw Cherries ♦W. W. Roll</p>
<p>26. Baked Fish Rice Pilaf Mixed Vegetables <u>Spinach</u> Salad *Orange ♦W. W. Roll</p>	<p>27. ☼Meatball Stroganoff Green Beans Green Salad Strawberries Cake Garlic Bread</p>	<p>28. BBQ Chicken Mashed Potatoes Peas and <u>Carrots</u> Coleslaw Fruit Cocktail ♦W. W. Bread</p>		

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

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