

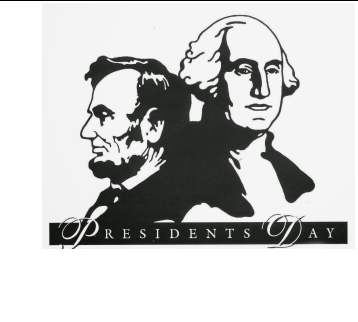


Petaluma Senior Café Menu - February 2021

PETALUMA PEOPLE SERVICES CENTER
SENIOR MEALS TO GO
 at 211 Novak Drive
 12:30 p.m. to 1:30 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Turkey Chili with Cheese Swiss Chard Red Potatoes Coleslaw Peaches ♦ W. W. Roll	2. Burgundy Beef Egg Noodles Cauliflower Green Salad Strawberries ♦ W. W. Roll	3. Tuscan Chicken Polenta Italian Vegetables Green Salad Fruit Salad ♦ W. W. Roll	4. Beef Fajitas Spanish Mexican Rice <u>Spinach</u> Tomato and Green Salad *Orange ♦ W. W. Roll	5. Baked Fish Brown Rice Confetti Peas *Broccoli – Cranberry Salad Apple ♦ W. W. Bread
8. 🍷 Lasagna Italian Vegetables Green Salad Strawberries ♦ W. W. Roll	9. Cheeseburger Roasted Rosemary Potatoes Stir Fry Vegetables Hamburger Condiments Peaches ♦ W. W. Bun	10. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ♦ W. W. Roll	11. Baked Fish with w/Lemon Brown Rice Pilaf California Blend Vegetables - Coleslaw Pears ♦ W. W. Roll	12. Valentine's Day! Madeira Pork with Mushrooms - Wild Rice Pilaf *Broccoli Normandy Green Salad Cherries – Chocolate Cheesecake ♦ W. W. Roll
15. CLOSED FOR PRESIDENTS' DAY	16. Vegetable Beef Barley Casserole California Vegetables Italian <u>Carrot</u> Salad Hard Boiled Egg Peaches ♦ W. W. Bread	17. Spanish Chicken with Rice (Arroz con Pollo) Capri Vegetables Coleslaw Pineapple ♦ W. W. Roll	18. Meatloaf Mashed Potatoes Green Beans Green Salad *Mandarin Oranges ♦ W. W. Roll	19. Baked Fish Parsley Potatoes *Brussels Sprouts Green Salad Apricots ♦ W. W. Bread
22. Swiss Steak Rice Zucchini/Yellow Squash Green Salad *Mandarin Oranges ♦ W. W. Roll	23. Penne Pasta with Meat Sauce <u>Spinach</u> Green Salad Apple ♦ W. W. Roll	24. Stir Fried Chicken with Vegetables Jasmine Rice Green Beans <u>Carrot</u> *Orange Pineapple Salad Banana ♦ W. W. Roll	25. Pork Loin with Mushroom Sauce Brown Rice Pilaf Swiss Chard Green Salad Strawberries ♦ W. W. Roll	26. Hot Turkey Sandwich Red Potatoes Italian Vegetables Coleslaw Cherries ♦ W. W. Roll
			Daily 1 cup 1% Milk Bread Butter	*Vitamin C _Vitamin A ♦ Fiber 🗑️ Salt

Contribución Voluntaria \$ 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

Senior suggested voluntary contribution \$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

Menu Subject to Change