



Petaluma Senior Café Menu – February 2024

PETALUMA PEOPLE SERVICES CENTER
PETALUMA CAFÉ 211
 211 Novak Drive, Petaluma
 12:30 to 1:00 pm. Café open and To Go Meals pick up
 1:00 to 2:00 pm Coffee and Conversation

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

Senior suggested 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

Contribución 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

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.