

Petaluma People Services Center - January Menu 2022 - Meals on Wheels

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30. Beef Pot Roast Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	31. Tuna Casserole Egg Noodles <u>Spinach</u> Coleslaw *Orange Slices ◆W. W. Roll	<i>Daily</i> 1 cup 1% Milk <i>Bread</i> <i>Butter</i>	*Vitamin C Vitamin A ◆Fiber 🗑️Salt			1. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ◆W. W. Roll
2. Beef Pot Roast Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	3. Chicken Marsala Garlic and Roasted Herb Potatoes Italian Vegetables Pears ◆W. W. Roll	4. Teriyaki Beef Jasmine Rice 5 Way Mixed Vegetables Green Salad Apricots ◆W. W. Roll	5. Caribbean Chicken Brown Rice with Black Beans Peas and <u>Carrots</u> Green Salad Banana ◆W. W. Roll	6. Beef Stew Brown Rice Pilaf Cauliflower 3 Bean Salad Strawberries ◆W. W. Roll	7. 🗑️Stuffed Bell Peppers CA Blend Vegetables Green Salad w/ HB Egg *Mandarin Oranges ◆W. W. Roll	8. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ◆W. W. Roll
9. Beef Pot Roast Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	10. Beef Barley Casserole with Vegetables Green Beans Green Salad Banana ◆W. W. Roll	11. Pork Chili Verde Brown Rice with Pinto Beans *Broccoli Normandy Green Salad Pineapple ◆W. W. Roll	12. Meatloaf Mashed Potatoes California Blend Vegetables Cottage Cheese w/ Tomatoes Strawberries ◆W. W. Roll	13. Spaghetti with Meat Sauce Italian Vegetables Marinated Vegetable Salad Cherries ◆W. W. Roll	14. Baked Fish with Lemon Red Potatoes *Brussel Sprouts Beet Salad *Oranges ◆W. W. Roll	15. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ◆W. W. Roll
16. Beef Pot Roast Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	17. Martin Luther King Day! Chicken Marsala Garlic and Roasted Herb Potatoes Italian Vegetables Salad Pears ◆W. W. Roll	18. Ratatouille Polenta Mixed Vegetables Green Salad Banana ◆W. W. Bread	19. Tamale Pie Brown Spanish Rice Cauliflower Coleslaw Sliced Apples ◆W. W. Roll	20. Slow Roasted Pork with Apples Butter Egg Noodles Green Beans Green Salad *Mandarin Oranges ◆W. W. Roll	21. Roasted Turkey Mashed Potatoes Peas Beet Salad Cherries ◆W. W. or Roll	22. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ◆W. W. Roll
23. Beef Pot Roast Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	24. Macaroni and Cheese 5 Way Mixed Vegetables Hard Boiled Egg Green Salad Mandarin Salad ◆W. W. Roll	25. Pulled Pork Sandwich Red Potatoes Peas and <u>Carrots</u> 3 Bean Salad Strawberries	26. Shepherd's Pie California Blend Green Salad Apricots ◆W. W. Roll	27. Tuscan Chicken Polenta Italian Vegetables Green Salad Blueberries ◆W. W. Roll	28. BBQ Beef Sandwich Cauliflower Coleslaw Banana ◆W. W. Roll	29. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ◆W. W. Roll

Menu subject to change