

**Petaluma People Services Center - January Menu 2023 - Meals on Wheels**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	2. Chicken Marsala Garlic Herb Potatoes Italian Vegetables Green Salad Pears ◆W. W. Roll	3. Burgundy Beef Egg Noodles Cauliflowers Green Salad Pineapple ◆W. W. Roll	4. Tuscan Chicken Polenta Italian Vegetables Green Salad Banana ◆W. W. Roll	5. Beef Fajitas Spanish Rice California Vegetables Green Salad *Orange ◆W. W. Roll	6. Baked Fish Brown Rice Confetti Peas Cottage Cheese Salad Apple ◆W. W. Bread	7. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ◆W. W. Roll
8. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	9. Creamy Lemon-Caper Chicken Penne Pasta *Broccoli Normandy Beet Salad Pears ◆W. W. Roll	10. Pork Chili Verde Spanish Rice Zucchini and Yellow Squash Green Salad *Mandarin Oranges ◆W. W. Roll	11. Baked Fish Potatoes Romanoff Mixed Vegetables Green Salad Apricots ◆W. W. Roll	12. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ◆W. W. Roll	13. Beef Stroganoff Roasted <u>Carrots</u> Green Salad Apricots Milk Roll	14. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ◆W. W. Roll
15. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	16. Chicken Marsala Garlic Herb Potatoes Italian Vegetables Green Salad Pears ◆W. W. Roll	17. BBQ Chicken Sandwich Roasted <u>Yams</u> Peas Italian <u>Carrot Salad</u> *Oranges ◆W. W. Bun	18. Pork with Apricots Egg Noodles *Broccoli Normandy Green Salad Cinnamon Apples ◆W. W. Roll	19. Pot Roast Brown Rice Pilaf Green Beans Green Salad Blueberries ◆W. W. Roll	20. Sweet n Sour Chicken with Pineapple Jasmine Rice *Brussels Sprouts Green Salad Strawberries ◆W. W. Bread	21. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ◆W. W. Roll
22. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	23. Swiss Steak Rice Zucchini/Yellow Squash Green Salad Apricots ◆W. W. Roll	24. Turkey Mashed Potatoes Peas and <u>Carrots</u> Coleslaw Cherries ◆W. W. Roll	25. Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple ◆W. W. Roll	26. Chicken with Vegetables Jasmine Rice - Green Beans- Carrot Salad with *Oranges and Pineapple Banana ◆W. W. Roll	27. Pork with Mushroom Sauce Stuffing <u>Swiss Chard</u> Green Salad Pears ◆W. W. Roll	28. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ◆W. W. Roll
29. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	30. Shepherd's Pie <u>Swiss Chard</u> Green Salad Banana ◆W. W. Roll	31. Pork Chow Mein Brown Rice *Brussels Sprouts, Cucumber, Tomato, Red Onion Salad Pineapple ◆W. W. Roll			<i>Daily 1 cup 1% Milk Bread Butter</i>	*Vitamin C <u>Vitamin A</u> ◆Fiber  Salt

**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.