

Petaluma People Services Center - January 2021 Menu - Meals on Wheels

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31. Cuban Beef Mashed Potatoes Summer Squash Medley Green Salad with Tomatoes and <u>Carrots</u> Pineapple ◆ W. W. Bread</p>			<p>*Vitamin C _Vitamin A ◆Fiber ♻Salt</p>	<p><i>Daily</i> <i>1 cup 1% Milk</i> <i>Bread</i> <i>Butter</i></p>	<p>1. New Year's Day! Dijon Herb Salmon Asparagus Baked Polenta Green Salad with Tomatoes and <u>Carrots</u> Fresh Fruit Salad ◆W. W. Bread</p>	<p>2. Spaghetti with Meat Sauce Zucchini Green Salad Fresh Fruit Cup ◆W. W. Roll</p>
<p>3. Tandoori Chicken Brown Rice - *Broccoli Green Salad w/ Tomatoes & <u>Carrots</u> Apple Slices ◆W. W. Roll</p>	<p>4. Cheeseburger Roasted Rosemary Potatoes Stir Fry Vegetables Hamburger Condiments Peaches ◆W. W. Bun</p>	<p>5. Savory Pork with White Beans Brown Rice Zucchini and Yellow Squash Green Salad *Orange ◆W. W. Roll</p>	<p>6. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ◆W. W. Roll</p>	<p>7. Baked Fish with with Lemon Brown Rice Pilaf California Blend Vegetables *Coleslaw Pears ◆W. W. Roll</p>	<p>8. ♻Lasagna Italian Vegetables Green Salad Strawberries ◆W. W. Roll</p>	<p>9. Roasted Chicken with Tahitian Sauce Couscous Yellow Squash with Peppers – Green Salad w/ Tomatoes & <u>Carrots</u> Fresh Fruit Salad ◆W. W. Roll</p>
<p>10. Teriyaki Salmon Asparagus Baked Polenta Green Salad w/ Tomatoes & <u>Carrots</u> Banana ◆W. W. Bread</p>	<p>11. Slow Roasted Pork w/ Apples and Apricots Brown Rice Pilaf *Broccoli Normandy Green Salad Fresh Fruit Salad ◆W. W. Roll</p>	<p>12. Vegetable Beef Barley Casserole California Vegetables Italian <u>Carrot</u> Salad Hard Boiled Egg Peaches ◆W. W. Bread</p>	<p>13. Spanish Chicken with Rice (Arroz con Pollo) Capri Vegetables *Coleslaw Pineapple ◆W. W. Roll</p>	<p>14. Meatloaf Mashed Potatoes Green Beans Green Salad *Mandarin Oranges ◆W. W. Roll</p>	<p>15. Baked Fish Parsley Potatoes Brussels Sprouts Green Salad Apricots ◆W. W. Bread</p>	<p>16. Chicken Cacciatore *Broccoli Florets Rotini Pasta Green Salad w/Tomatoes & <u>Carrots</u> *Oranges Wedges ◆W. W. Bread</p>
<p>17. Braised Beef w/Gravy Red Skillet Potatoes Roasted Root Vegetables Green Salad with w/Tomatoes and <u>Carrots</u> Apricots ◆W. W. Roll</p>	<p>18. Martin Luther King Holiday! BBQ Chicken Garlic Mashed Potatoes Italian Vegetables Green Salad Fresh Fruit Salad ◆W. W. Roll</p>	<p>19. Penne Pasta with Meat Sauce <u>Spinach</u> Green Salad Apple ◆W. W. Roll</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 Brown Rice Pilaf <u>Swiss Chard</u> Green Salad Strawberries ◆W. W. Roll</p>	<p>22. Hot Turkey Sandwich Red Potatoes Italian Vegetables *Coleslaw Cherries ◆W. W. Roll</p>	<p>23. Lemon Herb Chicken Roasted Vegetables Citrus Infused Orzo Pasta Green Salad with Tomatoes and <u>Carrots</u> Pineapple ◆W. W. Roll</p>
<p>24. Roasted Pork Loin w/ Ancho Chili Sauce Quinoa, Peas and <u>Carrots</u> Green Salad with Tomatoes and <u>Carrots</u> Apricots ◆W. W. Roll</p>	<p>25. Beef Stroganoff Green Beans Green Salad Strawberries ◆W. W. Roll</p>	<p>26. Pork Chow Mein Brown Rice *Brussels Sprouts Cucumber & Red Onion Salad Pineapple ◆W. W. Roll</p>	<p>27. Shepherd's Pie <u>Swiss Chard</u> Green Salad Peaches ◆W. W. Roll</p>	<p>28. Ratatouille Polenta 5 Way Mixed Vegetables <u>Spinach</u> Salad *Orange ◆W. W. Roll</p>	<p>29. Chicken Marsala Mashed Potatoes Peas and Carrots *Coleslaw Applesauce ◆W. W. Roll</p>	<p>30. Pot Roast with Gravy Basmati Rice California Mixed Vegetables Green Salad w/Tomatoes and <u>Carrots</u> Fresh fruit Salad ◆W. W. Roll</p>

Menu subject to change