


Petaluma Senior Café Menú 2019

January

PETALUMA PEOPLE SERVICES CENTER
 PETALUMA SENIOR CAFÉ
 Located at 211 Novak Drive
 12:00 p.m. to 2:00 p.m. Activities
 1:00 p.m. Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Daily</i> 1 cup 1% Milk Bread Butter	1. CLOSED FOR NEW YEAR'S DAY! <i>New Year's Day</i>	2. Chicken Parmesan Italian Vegetables Green Salad Fruit Salad ◆ W. W. Roll	3. Beef Fajitas Rice <u>Spinach</u> Tomato and Green Salad *Orange ◆ W. W. Roll	4. Baked Fish Brown Rice Confetti Peas *Broccoli-Cranberry Salad Apple Crisp ◆ W. W. Bread
7. Chicken a la King Biscuit *Broccoli Normandy Green Salad Apricots	8. Beef Stew Cauliflower Green Salad Banana Cornbread	9. Lemon Baked Chicken Oven Roasted Yams Stir Fry Vegetables Green Salad Fruit Cocktail ◆ W. W. Roll	10. Chili Verde Spanish Rice Winter Squash Green Salad *Orange ◆ W. W. Roll	11. Lasagna Italian Vegetables Green Salad Strawberries ◆ W. W. Bread
14. Baked Fish Parsley Potatoes Brussels Sprouts Green Salad Fruit Salad ◆ W. W. Bread	15. Spanish Chicken with Rice (Arroz con Pollo) Capri Vegetables Coleslaw Pineapple - Cookie ◆ W. W. Roll	16. Beef Ravioli w/ Meat Sauce Mixed Vegetables Italian <u>Carrot</u> Salad Hard Boiled Egg Peaches ◆ W. W. Bread	17. Meatloaf Mashed Potatoes Green Beans Green Salad *Mandarin Oranges ◆ W. W. Roll	18. Ham with Sweet n' Sour Sauce Brown Rice Confetti *Broccoli Normandy Green Salad Fresh Fruit Salad ◆ W. W. Roll
21. CLOSED for Martin Luther King, Jr. Day!	22. Stir Fried Chicken with Vegetables Jasmine Rice Green Beans - <u>Carrot</u> *Orange – Pineapple Salad Banana ◆ W. W. Roll	23. Pork Loin with Mushroom Sauce Stuffing Swiss Chard- Green Salad Strawberries Cookie ◆ W. W. Roll	24. Spaghetti with Meat Sauce <u>Spinach</u> Green Salad Apple Garlic Bread	25. Hot Turkey Sandwich Red Potatoes <u>Italian Vegetables</u> Coleslaw Cherries ◆ W. W. Roll
28. Baked Fish Rice Pilaf Mixed Vegetables * <u>Spinach</u> Salad *Orange Cornbread	29.  Roast Beef Mashed Potatoes Green Salad Strawberries Cake Garlic Bread	30. BBQ Chicken Mashed Potatoes Peas and Carrots Coleslaw Fruit Cocktail ◆ W. W. Bread	31. Pork Chow Mein Brussels Sprouts Cucumber - Red Onion Salad Pineapple ◆ W. W. Roll	*Vitamin C _ Vitamin A ◆ Fiber  Salt

Senior suggested donation \$ 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

Donación 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. Tel: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