

Petaluma Senior Café Menu - January 2021

PETALUMA PEOPLE SERVICES CENTER
 SENIOR MEALS TO GO
 at 211 Novak Drive
 12:30 p.m. to 1:30 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		*Vitamin C _Vitamin A ◆Fiber 🗑️Salt	<i>Daily</i> <i>1 cup 1% Milk</i> <i>Bread</i> <i>Butter</i>	1. CLOSED FOR NEW YEAR'S DAY!!
4. Cheeseburger Roasted Rosemary Potatoes Stir Fry Vegetables Hamburger Condiments Peaches ◆W. W. Bun	5. Savory Pork with White Beans Brown Rice Zucchini and Yellow Squash Green Salad *Orange ◆W. W. Roll	6. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ◆W. W. Roll	7. Baked Fish with with Lemon Brown Rice Pilaf California Blend Vegetables *Coleslaw Pears ◆W. W. Roll	8. 🗑️Lasagna Italian Vegetables Green Salad Strawberries ◆W. W. Roll
11. Slow Roasted Pork w/ Apples and Apricots Brown Rice Pilaf *Broccoli Normandy Green Salad Fresh Fruit Salad ◆W. W. Roll	12. Vegetable Beef Barley Casserole California Vegetables Italian <u>Carrot</u> Salad Hard Boiled Egg Peaches ◆W. W. Bread	13. Spanish Chicken with Rice (Arroz con Pollo) Capri Vegetables *Coleslaw Pineapple ◆W. W. Roll	14. Meatloaf Mashed Potatoes Green Beans Green Salad *Mandarin Oranges ◆W. W. Roll	15. Baked Fish Parsley Potatoes *Brussels Sprouts Green Salad Apricots ◆W. W. Bread
18. CLOSED FOR MARTIN LUTHER KING HOLIDAY!!	19. Penne Pasta with Meat Sauce <u>Spinach</u> Green Salad Apple ◆W. W. Roll	20. Stir Fried Chicken with Vegetables Jasmine Rice Green Beans <u>Carrot</u> *Orange Pineapple Salad Banana ◆W. W. Roll	21. Pork Loin with Mushroom Sauce Brown Rice Pilaf <u>Swiss Chard</u> Green Salad Strawberries ◆W. W. Roll	22. Hot Turkey Sandwich Red Potatoes Italian Vegetables *Coleslaw Cherries ◆W. W. Roll
25. Beef Stroganoff Green Beans Green Salad Strawberries ◆W. W. Roll	26. Pork Chow Mein Brown Rice *Brussels Sprouts Cucumber & Red Onion Salad Pineapple ◆W. W. Roll	27. Shepherd's Pie <u>Swiss Chard</u> Green Salad Peaches ◆W. W. Roll	28. Ratatouille Polenta 5 Way Mixed Vegetables <u>Spinach</u> Salad *Orange ◆W. W. Roll	29. Chicken Marsala Mashed Potatoes Peas and <u>Carrots</u> *Coleslaw Applesauce ◆W. W. Roll

Senior suggested voluntary 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 Voluntaria \$ 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.