



Petaluma Senior Café Menu – January 2022

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
3. OFFICE CLOSED FOR NEW YEAR'S DAY OBSERVED!	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
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
17. CLOSED FOR MARTIN LUTHER KING DAY!!	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
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
31. Tuna Casserole Egg Noodles <u>Spinach</u> Coleslaw *Orange Slices ◆ W. W. Roll	<i>Daily 1 cup 1% Milk Bread Butter</i>	*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. Teléfono:765-8488
Por favor tenga el cambio exacto, Gracias
No serán rechazadas las personas que no
puedan contribuir con una donación