



Petaluma People Services Center
July – Meals on Wheels

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Happy 4th of July!</p>	1. Italian Pork Ragu w/Egg Noodles Summer Squash Green Salad w/ Tomatoes Apricots Garlic Bread	2. Burgundy Beef Brown Rice Confetti *Brussel Sprouts Beet Salad Apple ◆W. W. Bread	3. <i>4th of July Party</i> ☰All Beef Hot Dog Chili Beans <u>Carrots</u> HB Egg Green Salad *Orange	4. Lemon Chicken Rice Pilaf Mixed Vegetables Green Salad Fruit Salad ◆W. W. Roll	5. Baked Fish Baked Potato Stir Fry Vegetables <u>Carrot Raisin Salad</u> Berry Cobbler ◆W. W. Roll	6. Meatloaf Mashed Potatoes Buttered Corn Green Salad *Orange ◆W. W. Bread
7. Hot Roast Beef Sandwich Mashed Potato <u>Carrots</u> - Green Salad Fruit Cocktail ◆W. W. Bread	8. Lasagna <u>Spinach</u> Green Salad w/HB Egg *Mandarin Oranges ◆W. W. Bread	9. Creole Pork Rice *Broccoli Coleslaw Strawberries Cornbread	10. Chicken Enchiladas Refried Beans <u>Carrots</u> Green Salad Jell-O with *Mandarin Oranges	11. Tuna w/Lemon- Caper Sauce Linguine Capri Vegetables 3 Bean Salad Cherries ◆W. W. Bread	12. Teriyaki Beef Rice Mixed Vegetables <u>Yams</u> Green Salad Apricots ◆W. W. Bread	13. B.B.Q. Chicken Mashed Potatoes *Broccoli Green Salad Banana ◆W. W. Bread
14. Spaghetti w/ Meat Sauce Peas & <u>Carrots</u> Green Salad Fruit Cocktail ◆W. W. Bread	15. ☰ Ham Roasted Gold Potatoes Cottage Cheese w/ Tomato Fruit Salad Pound Cake ◆W. W. Roll	16. Chicken with Biscuits and Gravy <u>Yams</u> Stir Fry Vegetables Pea Salad Fruit Salad ◆W. W. Roll	17. Macaroni and Cheese Mixed Vegetables Hard Boiled Egg Marinated Vegetable Salad Watermelon ◆W. W. Roll	18. Hungarian Goulash Buttered Noodles <u>Spinach</u> Green Salad Strawberries Garlic Bread	19. Roasted Turkey with Baked Beans *Broccoli Green Salad Pineapple ◆W. W. Roll	20. Chicken Enchilada Spanish Rice Green Beans Green Salad w/Tomato *Mandarin Oranges ◆W. W. Bread
21. Hot Roast Beef Sandwich Mashed Potatoes Peas Green Salad Peaches	22. Pulled Pork Sandwich Red Potatoes Green Beans Green Salad Pears	23. Roasted Turkey Mashed Potatoes Peas Salad w/Tomato <u>Apricots</u> ◆W. W. Roll	24. Tamale Pie Spanish Rice Cauliflower Green Salad Fruit Salad ◆W. W. Roll	25. Tuna Salad Pasta Salad Fresh Fruit Salad <u>Carrots</u> Cookie ◆W. W. Bread	26. Baked Ziti with Italian Sausage Italian Vegetables Green Salad Fruit Cocktail ◆W. W. Bread	27. Salisbury Steak Baked Potato Mixed Vegetables Green Salad Strawberries ◆W. W. Roll
28. ☰ Vegetable Lasagna Swiss Chard Green Salad Fruit Cocktail ◆W. W. Roll	29. Chili Colorado Spanish Rice Mixed Vegetables Green Salad w/ Tomatoes Cherries ◆W. W. Roll	30. Cheese Burger Red Potatoes <u>Carrots</u> Green Salad Watermelon ◆W. W. Roll	31. Caesar Salad w/Chicken Macaroni Salad Fruit Salad Baby <u>Carrots</u> Pound Cake ◆W. W. Bread	*Vitamin C <u>Vitamin A</u> ◆Fiber ☰Salt	<i>Daily</i> 1 cup 1% Milk Bread Butter	

Menu subject to change