

Petaluma Senior Café Menu 2019

July

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
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. CLOSED FOR INDEPENDENCE DAY!	5. CLOSED FOR INDEPENDENCE DAY!
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
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
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
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 _ Vitamin A ♦ Fiber ☪ Salt	<i>Daily</i> <i>1 cup 1% Milk</i> <i>Bread</i> <i>Butter</i>

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