





Petaluma People Services Center - March 2020 - Meals on Wheels

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Cajun Cod- Rice Pilaf California Mixed Vegetables Green Salad w/ Tomatoes & <u>Carrots</u> Peaches ♦W. W. Roll	2. Beef Fajitas w/ Peppers Brown Rice <u>Spinach</u> Tomato and Green Salad Apricots ♦W. W. Roll	3. Dijon Chicken Brown Rice Pilaf Capri Vegetables Green Salad with <u>Carrots</u> & Tomatoes Banana ♦W. W. Roll	4. Ratatouille Polenta Parmesan Cheese Mixed Vegetables Italian <u>Carrot</u> Salad HB Egg Apple Slices ♦W. W. Bread	5. Spanish Chicken Brown Rice Zucchini Coleslaw Pineapple ♦W. W. Roll	6. Meatloaf Mashed Potatoes Green Beans Green Salad w/ Tomatoes & <u>Carrots</u> *Mandarin Oranges ♦W. W. Bread	7. Cuban Beef Mashed Potatoes w/ Gravy – Summer Squash Medley Green Salad w/ Tomatoes & <u>Carrots</u> Pineapple ♦W. W. Roll
8. Tandoori Cod Brown Rice - *Broccoli Green Salad w/ Tomatoes & <u>Carrots</u> Strawberries ♦W. W. Bread	9. Chicken a la King w/ Biscuit Italian Green Beans Green Salad w/ Tomatoes & Apricots ♦W. W. Roll	10. Beef Stew with <u>Carrots/Potatoes/</u> Cauliflower Brown Rice w/Tomatoes & <u>Carrots</u> Banana ♦W. W. Roll	11. Lemon Baked Chicken Brown Rice- Stir Fry Vegetables Green Salad w/ Tomatoes & <u>Carrots</u> Fruit Salad ♦W. W. Roll	12. Chili Verde Brown Spanish Rice Winter Squash Green Salad w/Tomatoes & <u>Carrots</u> *Orange Wedges ♦W. W. Roll	13. Beef Lasagna Italian Vegetables Green Salad w/Tomatoes & <u>Carrots</u> Pineapple ♦W. W. Bread	14. Roasted Chicken with Tahitian Sauce Couscous Yellow Squash with Peppers – Green Salad w/ Tomatoes & <u>Carrots</u> Fresh Fruit Salad ♦W. W. Bread
15. Teriyaki Salmon Asparagus Baked Polenta Green Salad w/ Tomato & <u>Carrots</u> Banana ♦W. W. Bread	16. Shepherd’s Pie with Mashed Potatoes <u>Swiss Chard</u> Green Salad w/ Tomatoes & <u>Carrots</u> Peaches ♦W. W. Roll	17. St. Patrick’s Day!  Corned Beef Carrots-Potatoes-Cabbage Green Salad w/Tomatoes & <u>Carrots</u> Pistachio Applesauce ♦W. W. Roll	18. Meatball Stroganoff with Egg Noodles Green Beans Green Salad w/ Tomatoes & <u>Carrots</u> Strawberries ♦W. W. Roll	19. Pork Chow Mein Brown Rice *Brussels Sprouts Cucumber- Red Onion Salad Pineapple ♦W. W. Roll	20. Baked Fish Brown Rice Pilaf California Blend Vegetables <u>Spinach</u> Salad with Tomato & <u>Carrots</u> *Orange Wedges ♦W. W. Roll	21. Chicken Cacciatore *Broccoli Florets Rotini Pasta Green Salad w/Tomato & <u>Carrots</u> Fruit Salad ♦W. W. Bread
22. Braised Beef with Gravy – Red Skillet Potatoes Roasted Vegetables – Green Salad with Tomatoes and <u>Carrots</u> Apricots ♦W. W. Roll	23. Pork Loin w/ Mushroom Sauce Stuffing Swiss Chard – Green Salad w/ Tomatoes & <u>Carrots</u> Strawberries ♦W. W. Roll	24. Stir Fried Chicken with Vegetables Jasmine & Brown Rice Green Beans <u>Carrots/Pineapple/</u> *Orange Salad – Banana ♦W. W. Roll	25. Spaghetti w/Meat Sauce <u>Spinach</u> Green Salad w/Tomatoes & <u>Carrots</u> Sliced Canned Apples ♦W. W. Roll	26. Hot Roast Beef Sandwich Red Potatoes Italian Vegetables Coleslaw Cherries ♦W. W. Roll	27. Swiss Steak Brown Rice Blend Zucchini/Yellow Squash – Green Salad w/ Tomatoes & <u>Carrots</u> *Mandarin Oranges ♦W. W. Roll	28. BBQ Chicken Breast Garlic– Mashed Potatoes w/ Chicken Gravy Italian Vegetables Green Salad w/Tomatoes & <u>Carrots</u> - Pineapple ♦W. W. Roll
29. Roasted Pork Loin Ancho Chili Sauce Quinoa, Peas & <u>Carrots</u> Mixed Green Salad w/ <u>Carrots</u> & Tomatoes Apricots ♦W. W. Roll	30. Baked Fish Parsley - Potatoes *Brussels Sprouts Green Salad w/Tomatoes & <u>Carrots</u> Canned Fruit Salad ♦W. W. Bread	31. Sweet n’ Sour Chicken – Brown Rice Confetti *Broccoli Normandy Green Salad with Tomatoes & <u>Carrots</u> ♦W. W. Bread			Daily <i>1 cup 1% Milk</i> Bread Butter	*Vitamin C _Vitamin A ♦Fiber  Salt

Menu Subject to Change