

**Petaluma People Services Center
March 2019 Menu- Meals on Wheels**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31. Salisbury Steak Mashed Potatoes Green Beans Green Salad *Mandarin Oranges ◆ W. W. Bread	Daily 1 cup 1% Milk Bread Butter	*Vitamin C _Vitamin A ◆Fiber  Salt			1. Chicken Parmesan Italian Vegetables Green Salad Fruit Salad ◆ W.W. Roll	2. Meatloaf Mashed Potatoes Buttered Corn Green Salad *Orange
3. Hot Roast Beef Sandwich Mashed Potato <u>Carrots</u> - Green Salad Strawberries ◆ W. W. Bread	4. Chicken a la King Biscuit *Broccoli Normandy Green Salad Apricots	5. Fat Tuesday Jambalaya Cauliflower Green Salad Bananas Foster Cornbread	6. Lemon Baked Chicken Oven Roasted Yams <u>Carrots</u> Stir Fry Vegetables Green Salad Fruit Cocktail ◆ W. W. Roll	7. Chili Verde Spanish Rice Winter Squash Green Salad *Orange ◆ W. W. Roll	8. Lasagna Italian Vegetables Green Salad Strawberries ◆ W. W. Bread	9. B.B.Q. Chicken Mashed Potatoes *Broccoli Green Salad Peaches ◆ W. W. Bread
10. Pasta w/Meat Sauce Peas & carrots Green Salad w/ Egg Fruit Cocktail *Orange Juice ◆ W. W. Bread	11. Baked Fish Parsley Potatoes Brussel Sprouts Green Salad Fruit Salad ◆ W. W. Bread	12. Spanish Chicken with Rice (Arroz con Pollo) Capri Vegetables Coleslaw Pineapple ◆ W. W. Roll	13.  St. Patricks' Day Corned Beef and Cabbage <u>Carrots</u> Red Potatoes - Green Salad Pistachio Cake ◆ W. W. Bread	14. Meatloaf Mashed Potatoes Green Beans Green Salad *Mandarin Oranges Garlic Bread ◆ W. W. Roll	15. Ham with Sweet n'Sour Sauce Brown Rice Confetti *Broccoli Normandy Green Salad Fresh Fruit Salad ◆ W. W. Roll	16. Chicken Enchilada Spanish Rice *Broccoli Green Salad w/Tomato Banana ◆ W. W. Bread
17. Hot Roast Beef Sandwich Mashed Potatoes Peas Green Salad Peaches	18. Swiss Steak Rice Zucchini/Yellow Squash Green Salad *Mandarin Oranges ◆ W. W. Roll	19. Stir Fried Chicken with Vegetables Jasmine Rice Green Beans - <u>Carrot</u> *Orange Pineapple Salad Banana ◆ W. W. Roll	20. Pork Loin with Mushroom Sauce Stuffing Swiss Chard – Green Salad Strawberries Cookie ◆ W. W. Roll	21. Spaghetti with Meat Sauce <u>Spinach</u> Green Salad Apple Garlic Bread	22. Hot Turkey Sandwich Red Potatoes Italian Vegetables Coleslaw Cherries ◆ W. W. Roll	23. Salisbury Steak Baked Potato *Broccoli Normandy Green Salad Banana ◆ W. W. Roll
24.  Vegetable Lasagna <u>Carrots</u> Green Salad Fruit Salad ◆ W. W. Roll	25. Baked Fish Rice Pilaf Mixed Vegetables <u>Spinach</u> Salad *Orange Cornbread	26.  Meatball Stroganoff Green Beans Green Salad Strawberries Cake Garlic Bread	27. BBQ Chicken Mashed Potatoes Peas and Carrots Coleslaw Fruit Cocktail ◆ W. W. Bread	28. Pork Chow Mein Brussel Sprouts Cucumber-Red Onion Salad Pineapple ◆ W. W. Roll	29. Shepperd's Pie Swiss Chard Green Salad Peaches ◆ W. W. Roll	30. Chicken Enchilada Spanish Rice *Broccoli Green Salad w/Tomato Banana ◆ W. W. Bread

Menu subject to change