

Petaluma Senior Café Menú 2017

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Vitamin C _Vitamin A ◆Fiber ☼ Salt</p>	<p><i>Daily</i> <i>1 cup 1% Milk</i> <i>Bread</i> <i>Butter</i></p>	<p>1. Chicken Parmesan <u>Italian Vegetables</u> Green Salad Fruit Salad ◆W. W. Roll</p>	<p>2. Beef Fajitas Rice <u>Spinach</u> Tomato and Green Salad *Orange ◆W. W. Roll</p>	<p>3. Baked Fish Brown Rice Confetti Peas - *Broccoli Cranberry Salad Apple Crisp ◆W. W. Roll</p>
<p>6. Chicken a la King Biscuit *Broccoli Normandy Green Salad Apricots</p>	<p>7. Beef Stew *Cauliflower Green Salad Banana Cornbread</p>	<p>8. Lemon Baked Chicken Oven Roasted <u>Yams</u> Stir Fry Vegetables Green Salad Fruit Cocktail ◆W.W. Roll</p>	<p>9. Chili Verde Spanish Rice <u>Winter Squash</u> Green Salad *Orange ◆W. W. Roll</p>	<p>10. Lasagna <u>Italian Vegetables</u> Green Salad Strawberries ◆W. W. Bread</p>
<p>13. Salmon Burgers Potatoes *Brussels Sprouts Hamburger Condiments Fruit Salad ◆W. W. Bread</p>	<p>14. Spanish Chicken with Rice (Arroz con Pollo) <u>Winter Squash</u> Coleslaw Pineapple - Cookie ◆W. W. Roll</p>	<p>15. Meatloaf Mashed Potatoes Green Beans Green Salad *Mandarin Oranges ◆W.W. Roll</p>	<p>16. Beef Ravioli with Meat Sauce Mixed Vegetables Italian <u>Carrot</u> Salad Hard Boiled Egg Peaches ◆W. W. Bread</p>	<p>17. St. Patrick's Day!! Corned Beef Potatoes Cabbage and <u>Carrots</u> Green Salad Pistacchio Cake</p>
<p>20. Swiss Steak Rice Zucchini/Yellow Squash Green Salad *Mandarin Oranges ◆W. W. Roll</p>	<p>21. Stir Fried Chicken with Vegetables Jasmine Rice Green Beans - <u>Carrot</u> *Orange Pineapple Salad Banana ◆W. W. Roll</p>	<p>22. Pork Loin with Mushroom Sauce Stuffing - *Swiss Chard Green Beans Strawberries Cookie ◆W. W. Roll</p>	<p>23. Hot Turkey Sandwich Red Potatoes <u>Italian Vegetables</u> Coleslaw Cherries ◆W. W. Roll</p>	<p>24. Spaghetti with Meat Sauce <u>Spinach</u> Green Salad Apple Garlic Bread</p>
<p>27. Pork Chow Mein *Brussels Sprouts Cucumber-Red Onion Salad Pineapple ◆W. W. Roll</p>	<p>28. Meatball Stroganoff Green Beans Green Salad Strawberries Cake Garlic Bread</p>	<p>29. BBQ Chicken Mashed Potatoes Peas and <u>Carrots</u> Coleslaw Fruit Cocktail ◆W. W. Bread</p>	<p>30. Pork Chow Mein *Brussels Sprouts Cucumber-Red Onion Salad Pineapple ◆W. W. Roll</p>	<p>31. Shepherd's Pie *Swiss Chard Green Salad Peaches ◆W. W. Roll</p>

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

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. Tel:765-8488
 Por favor tenga el cambio exacto, Gracias
 No serán rechazadas las personas que no
 puedan contribuir con una donación

Menu Subject to Change