


Petaluma Senior Café Menú 2020

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 Carrots & 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
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
16. Shepherds'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 <u>Carrots-</u> Potatoes-Cabbage Green Salad with Tomatoes & <u>Carrots</u> Pistachio Cake 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-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
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
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		*Vitamin C _Vitamin A ◆ Fiber 🍷 Salt	Daily 1 cup 1% Milk Bread Butter

Menu Subject to Change

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