

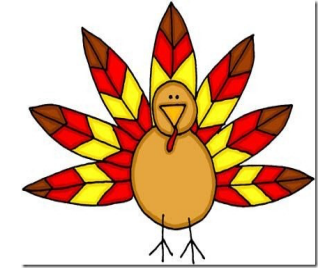


Petaluma People Services Center - November 2020 Menu - Meals on Wheels

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Cuban Beef Mashed Potatoes Summer Squash Medley Green Salad with Tomatoes and <u>Carrots</u> Pineapple ◆ W. W. Bread	2. Turkey Chili w/Cheese Swiss Chard Red Potatoes Coleslaw Peaches ◆ W. W. Roll	3. Burgundy Beef Egg Noodles Cauliflower Green Salad Strawberries ◆ W. W. Roll	4. Tuscan Chicken Polenta Italian Vegetables Green Salad Fruit Salad ◆ W. W. Roll	5. Beef Fajitas Spanish Rice <u>Spinach</u> Tomato and Green Salad *Orange ◆ W. W. Roll	6. Baked Fish Brown Rice Confetti Peas *Broccoli – Cranberry Salad Apple ◆ W. W. Bread	7. Spaghetti with Meat Sauce Zucchini Green Salad Fresh Fruit Cup ◆ W. W. Roll
8. Tandoori Chicken Brown Rice - *Broccoli Green Salad w/ Tomatoes & <u>Carrots</u> Apple Slices ◆ W. W. Roll	9. Cheeseburger Roasted Rosemary Potatoes Stir Fry Vegetables Hamburger Condiments Peaches ◆ W. W. Bun	10. Savory Pork with White Beans Brown Rice Zucchini and Yellow Squash Green Salad *Orange ◆ W. W. Roll	11. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ◆ W. W. Roll	12. Baked Fish with w/Lemon Brown Rice Pilaf California Blend Vegetables - Coleslaw Pears ◆ W. W. Roll	13. Lasagna Italian Vegetables Green Salad Strawberry ◆ W. W. Roll	14. Roasted Chicken with Tahitian Sauce Couscous Yellow Squash with Peppers – Green Salad w/ Tomatoes & <u>Carrots</u> Fresh Fruit Salad ◆ W. W. Roll
15. Teriyaki Salmon Asparagus Baked Polenta Green Salad w/ Tomato & <u>Carrots</u> Banana ◆ W. W. Bread	16. Slow Roasted Pork w/ Apples and Apricots Brown Rice Pilaf *Broccoli Normandy Green Salad Fresh Fruit Salad ◆ W. W. Roll	17. Vegetable Beef Barley Casserole California Vegetables Italian Carrot Salad Hard Boiled Egg Peaches ◆ W. W. Bread	18. Spanish Chicken with Rice (Arroz con Pollo) Capri Vegetables Coleslaw Pineapple ◆ W. W. Roll	19. Meatloaf Mashed Potatoes Green Beans Green Salad *Mandarin Oranges Pineapple ◆ W. W. Roll	20. Baked Fish Parsley Potatoes Brussels Sprouts Green Salad w/ Tomatoes & <u>Carrots</u> Apricots ◆ W. W. Bread	21. Chicken Cacciatore Rotini Pasta *Broccoli Florets Green Salad w/Tomatoes & <u>Carrots</u> *Oranges Wedges ◆ W. W. Bread
22. Braised Beef w/Gravy Red Skillet Potatoes Roasted Root Vegetables Green Salad with w/Tomatoes and <u>Carrots</u> Apricots ◆ W. W. Roll	23. Swiss Steak Rice Zucchini/Yellow Squash Green Salad *Mandarin Oranges ◆ W. W. Roll	24. Stir Fried Chicken with Vegetables Jasmine Rice Green Beans <u>Carrot</u> *Orange Pineapple Salad Banana ◆ W. W. Roll	25. Thanksgiving Lunch! Turkey with Gravy Mashed Potatoes Stuffing Peas - Green Salad Cherries Pumpkin Cheesecake ◆ W. W. Roll	26. Turkey with Gravy Mashed Potatoes Peas Green Salad Fresh Fruit Salad ◆ W. W. Roll	27. Pork Chili Verde Brown Rice Yellow Squash with Pepper Green Salad Apple ◆ W. W. Roll	28. Lemon Herb Chicken Roasted Vegetables Citrus Infused Orzo Pasta Green Salad with Tomatoes and <u>Carrots</u> Pineapple ◆ W. W. Roll
29. Roasted Pork Loin w/ Ancho Chili Sauce Quinoa, Peas and <u>Carrots</u> Ensalada Verde with Tomatoes and <u>Carrots</u> Apricots ◆ W. W. Roll	30. Ratatouille Polenta Mixed Vegetables <u>Spinach</u> Salad *Orange ◆ W. W. Roll				*Vitamin C _Vitamin A ◆ Fiber 🗑️ Salt	<i>Daily 1 cup 1% Milk Bread Butter</i>

Menu subject to change