

Petaluma People Services Center - November Menu 2022 - Meals on Wheels

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">Daily <i>1 cup 1% Milk</i> Bread Butter</p>	<p align="center">*Vitamin C Vitamin A ♦ Fiber  Salt</p>	<p>1. Burgundy Beef Egg Noodles Cauliflower Green Salad Pineapple ♦ W. W. Roll</p>	<p>2. Tuscan Chicken Polenta Italian Vegetables Green Salad Banana ♦ W. W. Roll</p>	<p>3. Beef Fajitas Spanish Rice California Vegetables Green Salad *Orange ♦ W. W. Roll</p>	<p>4. Baked Fish Brown Rice Confetti Peas Cottage Cheese Salad Apple ♦ W. W. Bread</p>	<p>5. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ♦ W. W. Roll</p>
<p>6. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ♦ W. W. Roll</p>	<p>7. Creamy Lemon-Caper Chicken Penne Pasta *Broccoli Normandy Beet Salad Pears ♦ W. W. Roll</p>	<p>8. Chili Verde Spanish Rice Zucchini and Yellow Squash Green Salad *Mandarin Oranges ♦ W. W. Roll</p>	<p>9. Baked Fish Potatoes Romanoff Mixed Vegetables Green Salad Apricots ♦ W. W. Roll</p>	<p>10. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ♦ W. W. Roll</p>	<p>11. Beef Stroganoff Roasted Carrots Diced Peaches Green Salad Milk Roll</p>	<p>12. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ♦ W. W. Roll</p>
<p>13. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ♦ W. W. Roll</p>	<p>14. Beef Barley Casserole California Vegetables Beet Salad Cherries ♦ W. W. Bread</p>	<p>15. BBQ Chicken Sandwich Roasted <u>Yams</u> Peas Italian <u>Carrot Salad</u> *Oranges ♦ W. W. Bun</p>	<p>16. Pork with Apricots Egg Noodles *Broccoli Normandy Green Salad Cinnamon Apples ♦ W. W. Roll</p>	<p>17. Pot Roast Brown Rice Pilaf Green Beans Green Salad Blueberries ♦ W. W. Roll</p>	<p>18. Sweet n Sour Chicken with Pineapple Jasmine Rice *Brussels Sprouts Green Salad Strawberries ♦ W. W. Bread</p>	<p>19. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ♦ W. W. Roll</p>
<p>20. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ♦ W. W. Roll</p>	<p>21. Swiss Steak Rice Zucchini/Yellow Squash Green Salad Apricots ♦ W. W. Roll</p>	<p>22. Thanksgiving Celebrated! Turkey Mashed Potatoes Stuffing- Peas & <u>Carrots</u> Green Salad Pumpkin Cheesecake - Cherries ♦ W. W. Roll</p>	<p>23. Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple Pears ♦ W. W. Roll</p>	<p>24. Turkey Mashed Potato Green Beans Cranberry Sauce Salad Milk Roll Diced Pears</p>	<p>25. Beef Stroganoff Roasted <u>Carrots</u> <u>Salad</u> *Mandarin Oranges Salad Milk Roll</p>	<p>26. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ♦ W. W. Roll</p>
<p>27. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ♦ W. W. Roll</p>	<p>28. Shepherd's Pie <u>Swiss Chard</u> Green Salad Banana ♦ W. W. Roll</p>	<p>29. Pork Chow Mein Brown Rice *Brussels Sprouts, Cucumber, Tomato, Red Onion Salad Pineapple ♦ W. W. Roll</p>	<p>30. Ratatouille Polenta Mixed Vegetables <u>Spinach</u> Salad with Hard Boiled Egg *Orange ♦ W. W. Roll</p>			

Menu subject to change