






Petaluma People Services Center - November 2021 Menu - Meals on Wheels

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1. Turkey Chili w/Cheese <u>Swiss Chard</u> Coleslaw Peaches ◆ W. W. Roll	2. Baked Fish w/Lemon Brown Rice Confetti Peas *Broccoli Cranberry Salad Apple ◆ W. W. Roll	3. Beef Fajitas Mexican Rice Spinach Green Salad *Orange Slices ◆ W. W. Roll	4. Tuscan Chicken Polenta Italian Vegetables Green Salad Blueberries ◆ W. W. Roll	5. BBQ Beef Sandwich <u>Carrots</u> Green Salad Banana ◆ W. W. Roll	6. Baked Chicken Brown Rice Summer Squash Medley Green Salad Pineapple ◆ W. W. Roll
7. Lasagna with Meat Sauce Squash Green Salad w/ Tomatoes & <u>Carrots</u> Apples ◆ W. W. Roll	8. Caribbean Chicken Brown Rice w/ Black Beans Peas and <u>Carrots</u> Green Salad Pineapple ◆ W. W. Roll	9. Beef Stew Brown Rice Pilaf Cauliflower Coleslaw Strawberries ◆ W. W. Roll	10.  Stuffed Bell Peppers *Broccoli Normandy Green Salad w/ HB Egg *Mandarin Oranges ◆ W. W. Roll	11. Teriyaki Beef Jasmine Rice 5 Way Mixed Vegetables Green Salad Apricots ◆ W. W. Roll	12. Spaghetti with Meat Sauce Jasmine Rice California Vegetables Marinated Vegetable Salad Cherries ◆ W. W. Roll	13. Roasted Chicken Brown Rice Yellow Squash with Peppers – Green Salad Fresh Fruit Cup ◆ W. W. Roll
14. Vegetable Lasagna with White Sauce Squash Green Salad with Tomatoes & <u>Carrots</u> Peaches ◆ W. W. Bread	15. Beef Barley Casserole with Vegetables Green Beans Green Salad Pears ◆ W. W. Roll	16. Pork Chili Verde Brown Rice with Pinto Beans *Broccoli Normandy Green Salad Pineapple ◆ W. W. Roll	17. Creamy Chicken Alfredo with Penne Pasta and <u>Spinach</u> Pea Salad Cinnamon Apples ◆ W. W. Roll	18. Baked Fish with Lemon Red Potatoes *Brussel Sprouts Green Salad *Oranges ◆ W. W. Roll	19. Meatloaf Mashed Potatoes California Blend Vegetables Cottage Cheese w/ Tomatoes Strawberries ◆ W. W. Roll	20. Herb Chicken Brown Rice Yellow Squash with Peppers Green Salad w/Tomatoes & <u>Carrots</u> Apricots ◆ W. W. Roll
21. Lasagna with Meat Sauce Squash Green Salad w/ Tomatoes & <u>Carrots</u> Banana ◆ W. W. Bread	22. Slow Roasted Pork with Apples Butter Egg Noodles Green Beans Green Salad *Mandarin Oranges ◆ W. W. Roll	23. <i>Thanksgiving Lunch</i> Roasted Turkey Mashed Potatoes w/Gravy Savory Sage Stuffing Peas- Green Salad Apple Pumpkin Cheesecake ◆ W. W. Bread	24. Tamale Pie Brown Spanish Rice Cauliflower Green Salad Peaches ◆ W. W. Roll	25. <i>Thanksgiving Day</i> Roasted Turkey Mashed Potatoes w/ Gravy, Stuffing Peas - Green Salad *Orange Pumpkin Pie ◆ W. W. Roll	26. Beef Stroganoff Egg Noodles <u>Carrots</u> Green Salad – with Tomatoes and Carrots Applesauce ◆ W. W. Bread or Roll w/Butter	27. Lemon Herb Chicken Brown Rice Yellow Squash with Peppers Green Salad with Tomatoes and <u>Carrots</u> Pineapple ◆ W. W. Roll
28. Vegetable Lasagna with White Sauce Squash Green Salad w/ Tomatoes & <u>Carrots</u> Peaches ◆ W. W. Roll	29. Fish Filets <u>Yams</u> Green Beans Green Salad w/ HB Egg Pineapple ◆ W. W. Roll	30. Chicken a la King Brown Rice Pilaf <u>Spinach</u> Green Salad Strawberries ◆ W. W. Roll			*Vitamin C Vitamin A ◆ Fiber  Salt	Daily 1 cup 1% Milk Bread Butter

Menu subject to change