

Petaluma Senior Café Menú 2018

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Daily</i> 1 cup 1% Milk Bread Butter</p>	<p>*Vitamin C _ Vitamin A ◆Fiber ☪ Salt</p>		<p>1. Beef Fajitas Rice <u>Spinach</u> Tomato and Green Salad *Orange ◆W. W. Roll</p>	<p>2. Baked Fish Brown Rice Confetti Peas *Broccoli-Cranberry Salad - Apple Crisp ◆W. W. Bread</p>
<p>5. Chicken a la King Biscuit *Broccoli Normandy Green Salad Apricots</p>	<p>6. Beef Stew Cauliflower Green Salad Banana Cornbread</p>	<p>7. Lemon Baked Chicken Oven Roasted <u>Yams</u> Stir Fry Vegetables Green Salad Fruit Cocktail ◆W. W Roll</p>	<p>8. Chili Verde Spanish Rice Winter Squash Green Salad *Orange ◆W. W Roll</p>	<p>9. Lasagna Italian Vegetables Green Salad Strawberries ◆W. W. Bread</p>
<p>12. CLOSED FOR VETERANS DAY!</p>	<p>13. Spanish Chicken with Rice (Arroz con Pollo) Capri Vegetables Coleslaw Pineapple - Cookie ◆W.W. Roll</p>	<p>14. Beef Ravioli w/ Meat Sauce Mixed Vegetables Italian <u>Carrot</u> Salad Hard Boiled Egg Peaches ◆W.W. Bread</p>	<p>15. Meatloaf Mashed Potatoes Green Beans Green Salad *Mandarin Oranges ◆W. W. Roll</p>	<p>16. Ham with Sweet n' Sour Sauce Brown Rice Confetti *Broccoli Normandy Green Salad Fresh Fruit Salad ◆W. W. Roll</p>
<p>19. Swiss Steak Rice Zucchini/Yellow Squash Green Salad *Mandarin Oranges ◆W. W. Roll</p>	<p>20. Turkey w/ Gravy Mashed Potatoes - Stuffing Peas – Green Salad Cranberry Apple Upside Down Cake ◆W. W. Roll</p>	<p>21. Spaghetti with Meat Sauce <u>Spinach</u> Green Salad Apple Garlic Bread</p>	<p>22. CLOSED FOR THANKSGIVING DAY!</p>	<p>23. CLOSED FOR THANKSGIVING DAY!</p>
<p>26. Baked Fish Rice Pilaf Mixed Vegetables <u>Spinach</u> Salad *Orange Cornbread</p>	<p>27. ☪Meatball Stroganoff Green Beans Green Salad Strawberries Cake Garlic Bread</p>	<p>28. BBQ Chicken Mashed Potatoes Peas and <u>Carrots</u> Coleslaw Fruit Cocktail ◆W. W. Bread</p>	<p>29. Pork Chow Mein *Brussels Sprouts Cucumber - Red Onion Salad Pineapple ◆W. W. Roll</p>	<p>30. 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

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

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