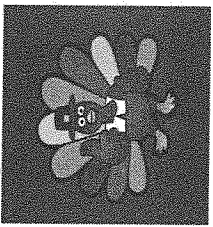


November 2014

The PPSC Senior Café serves weekdays.

Suggested donation \$3.50-8. (lunch tickets available 10 for \$35/20 for \$70) Open from 12:15-2
Please call (707) 765-8488 by 3:00 pm the day before to make reservations.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. Chicken a la King Biscuit Mixed Vegetables Green Salad Apricots</p>	<p>4. Beef Stew w/Vegetables and Potatoes Cauliflower Green Salad Garlic Bread *P/A Orange Juice</p>	<p>5. Lemon Baked Chicken Oven Roasted Yams Peas *Green Salad Fruit Cocktail * W. W. Roll</p>	<p>6. Chili Verde Spanish Rice Winter Squash Green Salad *Orange * W. W. Roll</p>	<p>7. Cabbage Rolls Red Potatoes Italian Vegetables Green Salad Strawberries * W. W. Roll</p>
<p>10. Breaded Fish Roasted Potatoes Brussels Sprouts Cottage Cheese Salad Fruit Salad * W. W. Bread</p>	<p>11. CLOSED FOR VETERANS' DAY</p>	<p>12. Meatloaf Potatoes Romanoff Green Beans Green Salad* Mandarin Oranges* * W. W. Roll</p>	<p>13. Oven Roasted Ham Scalloped Potatoes Broccoli Normandy Beet Salad Fresh Fruit Salad * W. W. Roll</p>	<p>14. Beef Ravioli w/Meat Sauce Mixed Vegetables Italian Carrot Salad w/Chopped Egg Apple * W. W. Bread</p>
<p>17. Salisbury Steak With Rice Zucchini/Yellow Squash Green Salad Pears *Orange Juice * W. W. Roll</p>	<p>18. Braised Pork with Apples and Cabbage Baked Potato Broccoli Green Salad Strawberries Chocolate Chip Cookie * W. W. Roll</p>	<p>19. Stir Fried Chicken with Vegetables Jasmine Rice Green Beans Carrot-Pineapple Salad Banana *Orange Juice * W. W. Bread</p>	<p>20. Spaghetti with Meat Sauce Spinach Green Salad *Apple *Pineapple Orange Juice Garlic Bread</p>	<p>21. Corn Beef Hash Italian Vegetables Broccoli-Cranberry Salad Cherries with Custard * W. W. Roll</p>
<p>24. Tuna Casserole Mixed Vegetables Spinach Salad *Orange * W. W. Roll</p>	<p>25. Thanksgiving Turkey Mashed Potatoes/Gravy Yams/Peas Green Salad Pumpkin Spice Cake * W. W. Roll</p>	<p>26. BBQ Chicken Mashed Potatoes Peas and Carrots Coleslaw Banana * W. W. Bread</p>	<p>27. CLOSED FOR THANKSGIVING DAY</p>	<p>28. CLOSED FOR THANKSGIVING DAY</p>
		<p>*Vitamin C _Vitamin A * Fiber Salty</p>	<p>Daily 1 cup 1% Milk Bread Butter</p>	