

## Petaluma Senior Café Menu – November 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1.</b> Turkey Chili w/Cheese <u>Swiss Chard</u> Coleslaw Peaches ♦ W. W. Roll	<b>2.</b> Baked Fish w/Lemon Brown Rice Confetti Peas *Broccoli Cranberry Salad Apple ♦ W. W. Roll	<b>3.</b> Beef Fajitas Mexican Rice Spinach Green Salad *Orange Slices ♦ W. W. Roll	<b>4.</b> Tuscan Chicken Polenta Italian Vegetables Green Salad Blueberries ♦ W. W. Roll	<b>5.</b> BBQ Beef Sandwich <u>Carrots</u> Green Salad Banana ♦ W. W. Roll
<b>8.</b> Caribbean Chicken Brown Rice w/ Black Beans Peas and <u>Carrots</u> Green Salad Pineapple ♦ W. W. Roll	<b>9.</b> Beef Stew Brown Rice Pilaf Cauliflower Coleslaw Strawberries ♦ W. W. Roll	<b>10.</b> 🍷 Stuffed Bell Peppers *Broccoli Normandy Green Salad w/ HB Egg *Mandarin Oranges ♦ W. W. Roll	<b>CLOSED                      FOR                      VETERANS                      DAY!</b>	<b>12.</b> Spaghetti w/ Meat Sauce Jasmine Rice California Vegetables Marinated Vegetables Salad Cherries ♦ W. W. Roll
<b>15.</b> Beef Barley Casserole with Vegetables Green Beans Green Salad Pears ♦ W. W. Roll	<b>16.</b> Pork Chili Verde Brown Rice with Pinto Beans *Broccoli Normandy Green Salad Pineapple ♦ W. W. Roll	<b>17.</b> Creamy Chicken Alfredo with Penne Pasta and <u>Spinach</u> Pea Salad Cinnamon Apples ♦ W. W. Roll	<b>18.</b> Baked Fish with Lemon Red Potatoes *Brussel Sprouts Green Salad *Oranges ♦ W. W. Roll	<b>19.</b> Meatloaf Mashed Potatoes California Blend Vegetables Cottage Cheese w/ Tomatoes Strawberries ♦ W. W. Roll
<b>22.</b> Slow Roasted Pork with Apples Butter Egg Noodles Green Beans Green Salad *Mandarin Oranges ♦ W. W. Roll	<b>23. Thanksgiving Lunch</b> Roasted Turkey Mashed Potatoes /Gravy Savory Sage Stuffing Peas- Green Salad Apple Pumpkin Cheesecake ♦ W. W. Bread	<b>24.</b> Tamale Pie Brown Spanish Rice Cauliflower Green Salad Peaches ♦ W. W. Roll	<b>CLOSED                      FOR                      THANKSGIVING                      HOLIDAY!</b>	<b>CLOSED                      FOR                      THANKSGIVING                      HOLIDAY!</b>
<b>29.</b> Fish Filets <u>Yams</u> Green Beans Green Salad w/ HB Egg Pineapple ♦ W. W. Roll	<b>30.</b> Chicken a la King Brown Rice Pilaf <u>Spinach</u> Green Salad Strawberries ♦ W. W. Roll		*Vitamin C Vitamin A ♦ Fiber 🗑️ Salt	<i>Daily                      1 cup 1% Milk                      Bread                      Butter</i>

**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**

**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. Teléfono:765-8488**  
**Por favor tenga el cambio exacto, Gracias**  
**No serán rechazadas las personas que no**  
**puedan contribuir con una donación**

Menu Subject to Change