


Petaluma Senior Café Menu – November 2022

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
	1. Burgundy Beef Egg Noodles Cauliflower Green Salad Pineapple ♦ W. W. Roll	2. Tuscan Chicken Polenta Italian Vegetables Green Salad Banana ♦ W. W. Roll	3. Beef Fajitas Spanish Rice California Vegetables Green Salad *Orange ♦ W. W. Roll	4. Baked Fish Brown Rice Confetti Peas Cottage Cheese Salad Apple ♦ W. W. Bread
7. Creamy Lemon-Caper Chicken Penne Pasta *Broccoli Normandy Beet Salad Pears ♦ W. W. Roll	8. Chili Verde Spanish Rice Zucchini and Yellow Squash Green Salad *Mandarin Oranges ♦ W. W. Roll	9. Baked Fish Potatoes Romanoff Mixed Vegetables Green Salad Apricots ♦ W. W. Roll	10. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ♦ W. W. Roll	OFFICE CLOSED FOR VETERANS DAY!
14. Beef Barley Casserole California Vegetables Beet Salad Cherries ♦ W. W. Bread	15. BBQ Chicken Sandwich Roasted <u>Yams</u> Peas Italian <u>Carrot</u> Salad *Oranges ♦ W. W. Bun	16. Pork with Apricots Egg Noodles *Broccoli Normandy Green Salad Cinnamon Apples ♦ W. W. Roll	17. Pot Roast Brown Rice Pilaf Green Beans Green Salad Blueberries ♦ W. W. Roll	18. Sweet n Sour Chicken with Pineapple Jasmine Rice *Brussels Sprouts Green Salad Strawberries ♦ W. W. Bread
21. Swiss Steak Rice Zucchini/Yellow Squash Green Salad Apricots ♦ W. W. Roll	22. Thanksgiving Celebrated! Turkey Mashed Potatoes Stuffing- Peas & <u>Carrots</u> Green Salad Pumpkin Cheesecake - Cherries ♦ W. W. Roll	23. Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple Pears ♦ W. W. Roll	OFFICE CLOSED FOR THANKSGIVING HOLIDAY!	OFFICE CLOSED FOR THANKSGIVING HOLIDAY!
28. Shepherd's Pie <u>Swiss Chard</u> Green Salad Banana ♦ W. W. Roll	29. Pork Chow Mein Brown Rice *Brussels Sprouts, Cucumber, Tomato, Red Onion Salad Pineapple ♦ W. W. Roll	30. Ratatouille Polenta Mixed Vegetables <u>Spinach</u> Salad with Hard Boiled Egg *Orange ♦ W. W. Roll	Daily 1 cup 1% Milk Bread Butter	*Vitamin C <u>Vitamin A</u> ♦Fiber  Salt

Contribución 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

Suggested Contribution \$ 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

Menu Subject to Change

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