

Petaluma People Services Center - October Menu 2022 - Meals on Wheels

| SUNDAY FRIDAY | MONDAY SATURDAY | TUESDAY | WEDNESDAY | THURSDAY | | |
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| <p>30. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆ W. W. Roll</p> | <p>31. Happy Halloween! Hungarian Goulash Buttered Noodles Mixed Vegetables, Green Salad, Devils Food Cake Strawberries ◆ W. W. Roll</p> | <p>Daily 1 cup 1% Milk Bread Butter</p> | <p>*Vitamin C Vitamin A ◆ Fiber</p>  <p>Salt</p> |   <p>1. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ◆ W. W. Roll</p> | | |
| <p>2. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆ W. W. Roll</p> | <p>3. Chicken Marsala Garlic Herb Potatoes Italian Vegetables Green Salad Pears ◆ W. W. Roll</p> | <p>4. Stuffed Bell Peppers *Broccoli- Normandy Green Salad w/ HB Egg *Mandarin Oranges ◆ W. W. Roll</p>  | <p>5. Caesar Salad with Chicken Macaroni Salad Fresh Fruit Salad <u>Carrots</u> with Dip ◆ W. W. Roll</p> | <p>6. Tuna Casserole with Egg Noodles Summer Squash Italian <u>Carrot</u> Salad Blueberries ◆ W. W. Bread</p> | <p>7. Teriyaki Beef Rice Mixed Vegetables <u>Yams</u> Green Salad Apricots ◆ W. W. Bread</p> | <p>8. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ◆ W. W. Roll</p> |
| <p>9. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆ W. W. Roll</p> | <p>10. Italian Pork Ragu with Egg Noodle Mixed Vegetables Green Salad Watermelon ◆ W. W. Roll</p> | <p>11. Chicken Ranchero Brown Rice with Black Beans *Swiss Chard Green Salad Peaches ◆ W. W. Roll</p> | <p>12. BBQ Beef Sandwich Red Potatoes Summer Squash Coleslaw Cinnamon Apples ◆ W. W. Roll</p> | <p>13. Nicoise Salad with Tuna, Green Beans, Red Potatoes, Chopped Egg and Green Salad, Cherry Tomato, Cucumber and Basil Salad.- Fresh Fruit Salad - <u>Carrots</u> with Dip ◆ W. W. Roll</p> | <p>14. Salisbury Steak- Mashed Potatoes California Blend Vegetables - Cottage Cheese w/Tomato Blueberries ◆ W. W. Roll</p> | <p>15. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ◆ W. W. Roll</p> |
| <p>16. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆ W. W. Roll</p> | <p>17. Turkey with Gravy Mashed Potatoes Green Beans Cottage Cheese Salad Strawberries ◆ W. W. Roll</p> | <p>18. Tamale Pie Brown Spanish Rice Cauliflower Green Salad Banana ◆ W. W. Roll</p> | <p>19. Pulled Pork Sandwich Red Potatoes *Broccoli Green Salad Pears</p> | <p>20. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad <u>Carrots</u> with Dip ◆ W. W. Bread</p> | <p>21. Cheeseburger Red Potatoes Peas & <u>Carrots</u> Lettuce, Tomato and, Onions Watermelon ◆ W. W. Roll</p> | <p>22. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ◆ W. W. Roll</p> |

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| <p>23. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll</p> | <p>24. Chicken a la King Brown Rice Pilaf Italian Vegetables Green Salad Pears ◆W. W. Roll</p> | <p>25. Fish Filets <u>Yams</u> Green Beans Green Salad w/ HB Egg Pineapple ◆W. W. Roll</p> | <p>26. Chili Colorado Brown Rice Blend 5 Way Mixed Vegetables Green Salad *Orange Wedges ◆W. W. Roll</p> | <p>27. Chinese Chicken Salad with Rice Noodles Three Bean Salad Fruit Salad Vegetables with Dip ◆W. W. Bread</p> | <p>28. Spaghetti with Italian Meat Sauce California Blend Green Salad *Mandarin Oranges ◆W. W. Bread</p> | <p>29. Chicken Pot Pie Steamed Broccoli Green Salad Peaches ◆W. W. Roll</p> |
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