





Petaluma People Services Center - October 2023 - Meals on Wheels

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	2. Lemon Chicken Rice Pilaf Mixed Vegetables Green Salad Cinnamon Apples ◆W. W. Roll	3. Turkey Sandwich w/ Swiss Cheese Pea Salad Fresh Fruit Salad Vegetables w/dip Sandwiches Condiments ◆W. W. Roll	4. Burgundy Beef Brown Rice Confetti Brussel Sprouts Beet Salad Strawberries ◆W. W. Roll	5. Frittata Steamed White Potatoes Capri Vegetables Three Bean Salad Apricots ◆W. W. Roll	6. French Onion Burger Red Potatoes <u>Carrots</u> Hamburger Condiments Watermelon ◆W. W. Bun	7. Chicken Pot Pie *Steamed Broccoli Green Salad Peaches ◆W. W. Roll
8. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	9. Chicken Marsala Red Potatoes Mixed Vegetables Green Salad Banana ◆W. W. Roll	10. Tuna Casserole Capri Vegetables Italian <u>Carrot</u> Salad Blueberries ◆W. W. Roll	11. Stuffed Bell Peppers *Broccoli Normandy Green Salad w/HB Egg *Mandarin Oranges ◆W. W. Roll 	12. Creole Pork Rice California Blend Coleslaw Strawberries ◆W. W. Roll	13. Teriyaki Beef Rice with Vegetables <u>Yams</u> Green Salad Apricots ◆W. W. Roll	14. Chicken Pot Pie *Steamed Broccoli Green Salad Peaches ◆W. W. Roll
15. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	16. Chili Colorado Brown Rice Mixed Vegetables Coleslaw *Orange ◆W. W. Roll	17. Baked Fish Rice Pilaf <u>Carrots</u> Green Salad Cherries ◆W. W. Roll	18. Salisbury Steak Mashed Potatoes California Blend Vegetables Cottage Cheese with Tomato Cinnamon Apples ◆W. W. Roll	19. Macaroni and Cheese *Broccoli Normandy Hard Boiled Egg Marinated Vegetable Salad Watermelon ◆W. W. Roll	20. Coconut Thai Chicken Brown Rice Capri Vegetables Green Salad Mixed Fruit ◆W. W. Roll	21. Chicken Pot Pie *Steamed Broccoli Green Salad Peaches ◆W. W. Roll
22. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	23. Spaghetti with Italian Meat Sauce Italian Vegetables Green Salad *Orange ◆W. W. Roll	24. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Vegetables with Dip ◆W. W. Bread	25. Pulled Pork Sandwich Red Potatoes Green Beans Coleslaw Pears	26. Roasted Turkey with Gravy Stuffing Peas Beet Salad Apricots ◆W. W. Roll	27. Creamy Tarragon Chicken with Mushrooms Rice Pilaf Mixed Vegetables Green Salad Banana ◆W. W. Roll	28. Chicken Pot Pie *Steamed Broccoli Green Salad Peaches ◆W. W. Roll
29. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆W. W. Roll	30. Chicken a la King Brown Rice Pilaf Italian Vegetables Green Salad Pineapple ◆W. W. Roll	31. Hungarian Goulash Buttered Noodles Green Beans Green Salad Strawberries ◆W. W. Roll	Daily 1 cup 1% Milk Bread Butter	* Vitamin C Vitamin A ◆ Fiber  Salt		 Happy Halloween