


Petaluma People Services Center - October 2020 Menu - Meals on Wheels

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*Vitamin C _Vitamin A ◆Fiber  Salt</p>	<p align="center"><i>Daily</i> <i>1 cup 1% Milk</i> <i>Bread</i> <i>Butter</i></p>			<p>1. Italian Pork Ragu w/Egg Noodles Summer Squash Green Salad w/Tomatoes Apricots ◆W. W. Roll</p>	<p>2. Baked Fish Baked Potato Stir Fry Vegetables Carrot Raisin Salad Boysenberries ◆W. W. Roll</p>	<p>3. Spaghetti with Meat Sauce Zucchini Green Salad Fresh Fruit Cup ◆W. W. Roll</p>
<p>4. Tandoori Chicken Brown Rice - *Broccoli Green Salad w/ Tomatoes & <u>Carrots</u> Apples ◆W. W. Roll</p>	<p>5.  Lasagna <u>Spinach</u> Green Salad w/ HB Egg Tomatoes & <u>Carrots</u> *Mandarin Oranges ◆W. W. Roll</p>	<p>6. Chicken Enchiladas Brown Spanish Rice with Black Beans Swiss Chard Green Salad with Tomatoes and <u>Carrots</u> Peaches</p>	<p>7. Creole Pork Brown Rice California Blend Coleslaw Strawberries ◆W. W. Roll</p>	<p>8. Tuna w/Lemon- Caper Sauce Linguine Capri Vegetables Italian *<u>Carrot</u> Salad Watermelon ◆W. W. Bread</p>	<p>9. Teriyaki Beef - Rice 5 Way Mixed Vegetables Green Salad w/Tomatoes & <u>Carrots</u> Apricots ◆W. W. Bread</p>	<p>10. Roasted Chicken with Tahitian Sauce Couscous Yellow Squash with Peppers – Green Salad w/ Tomatoes & <u>Carrots</u> Fresh Fruit Salad ◆W. W. Roll</p>
<p>11. Teriyaki Salmon Asparagus Baked Polenta Green Salad w/ Tomatoes & <u>Carrots</u> Banana ◆W. W. Bread</p>	<p>12. BBQ Chicken <u>Yams</u> Stir Fry Vegetables Pea Salad Peaches ◆W. W. Roll</p>	<p>13. Meatloaf Mashed Potatoes California Blend Vegetables Cottage Cheese w/Tomato Fresh Fruit Salad ◆W. W. Roll</p>	<p>14. Macaroni & Cheese Mixed Vegetables Hard Boiled Egg Marinated Vegetable Salad Watermelon ◆W. W. Roll</p>	<p>15. Hungarian Goulash Buttered Noodles <u>Spinach</u> Green Salad Strawberries ◆W. W. Roll</p>	<p>16. Baked Beans with Turkey Yellow Squash and Zucchini Green salad Pineapple ◆W. W. Roll</p>	<p>17. Chicken Cacciatore *Broccoli Florets Rotini Pasta Green Salad w/Tomatoes & <u>Carrots</u> *Orange Wedges ◆W. W. Bread</p>
<p>18. Braised Beef w/Gravy Red Skillet Potatoes Roasted Vegetables Green Salad with Tomatoes and <u>Carrots</u> Apricots ◆W. W. Roll</p>	<p>19. Pulled Pork Sandwich Red Potatoes Green Beans Green Salad with Tomatoes and <u>Carrots</u> Pears</p>	<p>20. Tuna Salad Pasta Salad Fresh Fruit Salad <u>Carrots</u> ◆W. W. Bread</p>	<p>21. Tamale Pie Brown Spanish Rice Cauliflower Green Salad w/ Tomatoes and Carrots Banana ◆W. W. Roll</p>	<p>22. Roaste Turkey Mashed Potatoes Peas Green Salad w/ Tomato and <u>Carrots</u> Apricots ◆W. W. Roll</p>	<p>23. Baked Penne with Italian Meat Sauce Italian Vegetables Green Salad w/Tomatoes & <u>Carrots</u> *Orange Wedges ◆W. W. Roll</p>	<p>24. Lemon Herb Chicken Roasted Vegetables Citrus Infused Orzo Pasta Italian Vegetables Green Salad w/Tomatoes & <u>Carrots</u> Pineapple ◆W. W. Roll</p>
<p>25. Roasted Pork Loin w/ Ancho Chili Sauce Quinoa, Peas and <u>Carrots</u> Green Salad w/Tomatoes and <u>Carrots</u> Apricots</p>	<p>26. Chili Colorado Brown Rice Italian Vegetables Green Salad w/Tomatoes & <u>Carrots</u> Apple Slices ◆W. W. Roll</p>	<p>27. Caesar Salad with Chicken Macaroni Salad Fresh Fruit Salad Baby <u>Carrots</u> ◆W. W. Bread</p>	<p>28. Cheese Burger Red Potatoes <u>Carrots</u> Green Salad Watermelon ◆W. W. Roll</p>	<p>29. Fish Filets Yams Green Beans Green Salad w/HB Egg Fruit Salad ◆W. W. Roll</p>	<p>30. Happy Halloween!! Pigs in a Blanket Roasted Red Potatoes <u>Spinach</u> – Green Salad Strawberries Devil’s Food Cake ◆W. W. Roll</p>	<p>31. Pot Roast with Gravy Basmati Rice California Vegetables Green Salad with Carrots and Tomatoes Fresh Fruit Cup ◆W. W. Roll</p>