

**Petaluma People Services Center Adult Day Menu 2019**

**October**

MONDAY	WEDNESDAY	FRIDAY
<b>Daily</b> <b>1 cup 1% Milk</b> <b>Bread</b> <b>Butter</b>	<b>2.</b> Burgundy Beef Brown Rice Confetti *Brussel Sprouts Beet Salad - Apple ♦W. W. Bread	<b>4.</b> All Beef Hot Dog Chili Beans <u>Carrots</u> HB Egg Green Salad *Orange
<b>7.</b> Lasagna <u>Spinach</u> Green Salad with HB Egg *Mandarin Oranges ♦W. W Roll	<b>9.</b> Chicken Enchiladas Refried Beans <u>Carrots</u> Green Salad Jell-O with *Mandarin Oranges	<b>11.</b> Teriyaki Beef Rice Mixed Vegetables <u>Yams</u> Green Salad Apricots ♦W. W. Bread
<b>14.</b> 🗑️ Ham Roasted Gold Potatoes Cottage Cheese w/ Tomato Fruit Salad Pound Cake ♦W. W Roll	<b>16.</b> Macaroni and Cheese Mixed Vegetables Hard Boiled Egg Marinated Vegetable Salad Watermelon ♦W.W. Roll	<b>18.</b> Roasted Turkey with Baked Beans *Broccoli Green Salad Pineapple ♦W. W. Roll
<b>21.</b> Pulled Pork Sandwich Red Potatoes Green Beans Green Salad Pears	<b>23.</b> Tamale Pie Spanish Rice Cauliflower Green Salad Fruit Salad ♦W. W Roll	<b>25.</b> Baked Ziti with Italian Sausage Italian Vegetables Green Salad Fruit Cocktail ♦W. W Bread
<b>28.</b> Cheeseburger Red Potatoes <u>Carrots</u> Green Salad Watermelon ♦W. W Roll	<b>30.</b> Fish Filets <u>Yams</u> Green Beans Green Salad w/HB Egg Fruit Salad Garlic Bread	*Vitamin C _ Vitamin A ♦Fiber 🗑️ Salt

Menu Subject to Change



Commented [EH1]:

PETALUMA PEOPLE SERVICES CENTER  
**ADULT DAY**  
 Located at 25 Howard Street