

## Petaluma Senior Café Menu - October 2020

PETALUMA PEOPLE SERVICES CENTER  
**SENIOR MEALS TO GO**  
 at 211 Novak Drive  
 12:30 p.m. to 1:30 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Daily</i>  <b>1 cup 1% Milk</b>  <b>Bread</b>  <b>Butter</b></p>	<p><b>*Vitamin C</b>  <b>_ Vitamin A</b>  <b>◆ Fiber</b>  <b>Salt</b></p>		<p><b>1.</b> Italian Pork Ragu                      w/ Egg Noodles                      Summer Squash                      Green Salad w/Tomatoes                      Apricots                      ◆ W. W. Roll</p>	<p><b>2.</b> Baked Fish                      Baked Potato                      Stir Fry Vegetables                      Carrot Raisin Salad                      Boysenberries                      ◆ W. W. Roll</p>
<p><b>5.</b> <b>Lasagna</b>  <u>Spinach</u>                      Green Salad w/ HB Egg                      Tomatoes &amp; <u>Carrots</u>                      *Mandarin Oranges                      ◆ W. W. Roll</p>	<p><b>6.</b> Chicken Enchiladas                      Brown Spanish Rice                      with Black Beans                      Swiss Chard                      Green Salad with                      Tomatoes and <u>Carrots</u>                      Peaches</p>	<p><b>7.</b> Creole Pork                      Brown Rice                      California Blend                      Coleslaw                      Strawberries                      ◆ W. W. Roll</p>	<p><b>8.</b> Tuna w/Lemon-                      Caper Sauce                      Linguine                      Capri Vegetables                      Italian *<u>Carrot Salad</u>                      Watermelon                      ◆ W. W. Roll</p>	<p><b>9.</b> Teriyaki Beef                      Rice                      5 Way Mixed Vegetables                      Green Salad w/                      Tomatoes &amp; <u>Carrots</u>                      Apricots                      ◆ W. W. Bread</p>
<p><b>12.</b> BBQ Chicken  <u>Yams</u>                      Stir Fry Vegetables                      Pea Salad                      Peaches                      ◆ W. W. Roll</p>	<p><b>13.</b> Meatloaf                      Mashed Potatoes                      California Blend                      Vegetables                      Cottage Cheese w/Tomato                      Fresh Fruit Salad                      ◆ W. W. Roll</p>	<p><b>14.</b> Macaroni &amp; Cheese                      Mixed Vegetables                      Hard Boiled Egg                      Marinated Vegetable Salad                      Watermelon                      ◆ W. W. Roll</p>	<p><b>15.</b> Hungarian Goulash                      Buttered Noodles  <u>Spinach</u>                      Green Salad                      Strawberries                      ◆ W. W. Roll</p>	<p><b>16.</b> Baked Beans with                      Turkey                      Yellow Squash and                      Zucchini                      Green salad                      Pineapple                      ◆ W. W. Roll</p>
<p><b>19.</b> Pulled Pork Sandwich                      Red Potatoes                      Green Beans                      Green Salad with                      Tomatoes and <u>Carrots</u>                      Pears</p>	<p><b>20.</b> Tuna Salad                      Pasta Salad                      Fresh Fruit Salad  <u>Carrots</u>                      ◆ W. W. Bread</p>	<p><b>21.</b> Tamale Pie                      Brown Spanish Rice                      Cauliflower                      Green Salad w/ Tomatoes                      and <u>Carrots</u>                      Banana                      ◆ W. W. Roll</p>	<p><b>22.</b> Roasted Turkey                      Mashed Potatoes                      Peas                      Green Salad                      w/ Tomato and <u>Carrots</u>                      Apricots                      ◆ W. W. Roll</p>	<p><b>23.</b> Baked Penne                      with Italian Meat Sauce                      Italian Vegetables                      Green Salad w/                      Tomatoes &amp; <u>Carrots</u>                      *Orange Wedges                      ◆ W. W. Roll</p>
<p><b>26.</b> Chili Colorado                      Brown Rice                      Italian Vegetables                      Green Salad                      w/Tomatoes &amp; <u>Carrots</u>                      Cherries                      ◆ W. W. Roll</p>	<p><b>27.</b> Caesar Salad                      with Chicken                      Macaroni Salad                      Fresh Fruit Salad  <u>Baby Carrots</u>                      ◆ W. W. Bread</p>	<p><b>28.</b> Cheese Burger                      Red Potatoes  <u>Carrots</u>                      Green Salad                      Watermelon                      ◆ W. W. Roll</p>	<p><b>29.</b> Fish Filets                      Yams                      Green Beans                      Green Salad                      w/HB Egg                      Fruit Salad                      ◆ W. W. Roll</p>	<p><b>30. Happy Halloween!!</b>                      Pigs in a Blanket                      Roasted Red Potatoes  <u>Spinach</u> – Green Salad                      Strawberries                      Devil’s Food Cake                      ◆ W. W. Roll</p>

**Senior suggested voluntary 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**

**Contribución Voluntaria \$ 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**

Menu Subject to Change