


Petaluma Senior Café Menu - September 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
	1. Burgundy Beef Brown Rice Confetti Brussel Sprouts Beet Salad Apple ♦W. W. Roll	2. Lemon Chicken Rice Pilaf Mixed Vegetables Green Salad Fruit Salad ♦W. W. Roll	3. Italian Pork Ragu w /Egg Noodles Summer Squash Green Salad with Tomatoes Apricots ♦W. W. Roll	4. Baked Fish Baked Potato Stir Fry Vegetables <u>Carrot Raisin Salad</u> Boysenberries ♦W. W. Roll
7. CLOSED FOR LABOR DAY!	8. Chicken Enchiladas Brown Spanish Rice with Black Beans <u>Swiss Chard</u> Green Salad with Tomatoes and <u>Carrots</u> Peaches	9. Creole Pork Brown Rice California Blend *Coleslaw Strawberries ♦W. W. Roll	10. Tuna w/Lemon- Caper Sauce Linguine Capri Vegetables Italian <u>Carrot Salad</u> Watermelon ♦W. W. Bread	11. Teriyaki Beef Rice 5 Way Mixed Vegetables Green Salad w/Tomatoes & <u>Carrots</u> Apricots ♦W. W. Roll
14. BBQ Chicken <u>Yams</u> Stir Fry Vegetables Pea Salad Peaches ♦W. W. Roll	15. Meatloaf Mashed Potatoes California Blend Vegetables Cottage Cheese with Tomato Fresh Fruit Salad ♦W. W. Roll	16. Macaroni and Cheese Mixed Vegetables Hard Boiled Egg Marinated Vegetable Salad Watermelon ♦W. W. Roll	17. Hungarian Goulash Buttered Noodles <u>Spinach</u> Green Salad Strawberries ♦W. W. Roll	18. Baked Beans with Turkey Yellow Squash and Zucchini Green Salad Pineapple ♦W. W. Roll
21. Pulled Pork Sandwich Red Potatoes Green Beans Green Salad with Tomatoes and <u>Carrots</u> Pears	22. Tuna Salad Pasta Salad Fresh Fruit Salad <u>Carrots</u> ♦W. W. Bread	23. Tamale Pie Brown Spanish Rice Cauliflower Green Salad with Tomatoes and <u>Carrots</u> Banana ♦W. W. Roll	24. Roasted Turkey Mashed Potatoes Peas Green Salad w/ Tomato and <u>Carrots</u> Apricots ♦W. W. Roll	25. Baked Penne with Italian Meat Sauce Italian Vegetables Green Salad with Tomatoes and <u>Carrots</u> *Orange Wedges ♦W. W. Bread
28. Chili Colorado Brown Rice Italian Vegetables Green Salad w/Tomatoes and <u>Carrots</u> Apple Slices ♦W. W. Roll	29. Caesar Salad w/Chicken Macaroni Salad Fresh Fruit Salad Baby <u>Carrots</u> ♦W. W. Bread	30. Cheese Burger Red Potatoes <u>Carrots</u> Hamburger Condiments Watermelon ♦W. W. Roll	*Vitamin C _ Vitamin A ♦Fiber 🧂Salt	<i>Daily</i> <i>1 cup 1% Milk</i> <i>Bread</i> <i>Butter</i>

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