





**Petaluma People Services Center - May 2024 - Meals on Wheels**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center"><i>Daily</i> 1 cup 1% Milk Bread Butter</p>			<p>1. Turkey Casserole with Egg Noodles <u>Carrots</u> Green Salad *Orange Wedges ◆ W. W. Roll</p>	<p>2. Italian Pork Ragu with Polenta Summer Squash Spinach Salad w/Sliced Tomatoes and Basil Apricots ◆ W. W. Roll</p>	<p>3. Baked Fish Roasted Red Potatoes Green Beans <u>Carrot</u> Raisin Salad Boysenberries ◆ W. W. Roll</p>	<p>4. Chicken Pot Pie *Steamed Broccoli Green Salad Peaches ◆ W. W. Roll</p>
<p>5. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆ W. W. Roll</p>	<p>6. Stuffed Bell Peppers *Broccoli Normandy Green Salad w/ HB Egg Blueberries ◆ W. W. Roll</p> 	<p>7. Tuna Casserole Capri Vegetables Italian <u>Carrot</u> Salad Green Salad Apricots ◆ W. W. Roll</p>	<p>8. Caesar Salad with Chicken Macaroni Salad Fresh Fruit Salad Vegetables with Dip ◆ W. W. Roll</p>	<p>9. Creole Pork Rice California Blend Coleslaw Apricots ◆ W. W. Roll</p>	<p>10. <b>Mother's Day</b> Frittata Rice Mixed Vegetables Green Salad Strawberries Poundcake ◆ W. W. Roll</p>	<p>11. Chicken Pot Pie *Steamed Broccoli Green Salad Peaches ◆ W. W. Roll</p>
<p>12. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆ W. W. Roll</p>	<p>13. Hungarian Goulash Buttered Noodles *Swiss Chard Green Salad Strawberries ◆ W. W. Roll</p>	<p>14. Chicken Ranchero Brown Rice with Black Beans Capri Vegetables Green Salad Peaches ◆ W. W. Roll</p>	<p>15. Salisbury Steak Mashed Potatoes California Blend Vegetables Cottage Cheese w/ Tomato Cinnamon Apples ◆ W. W. Roll</p>	<p>16. Baked Fish Brown Rice Confetti *Broccoli Normandy Hard Boiled Egg Marinated Vegetable Salad Watermelon ◆ W. W. Roll</p>	<p>17. Tarragon Chicken with Mushrooms and Pearl Onions - Orzo Pasta Italian Vegetables Green Salad *Oranges ◆ W. W. Roll</p>	<p>18. Chicken Pot Pie *Steamed Broccoli Green Salad Peaches ◆ W. W. Roll</p>
<p>19. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆ W. W. Roll</p>	<p>20. Tamale Pie Brown Spanish Rice Cauliflower Green Salad Banana ◆ W. W. Roll</p>	<p>21. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Vegetables with Dip ◆ W. W. Bread</p>	<p>22. Pulled Pork Sandwich Red Potatoes Green Beans Coleslaw Pears</p>	<p>23. Roasted Turkey w/Gravy Stuffing Peas, Beet Salad *Mandarin Oranges ◆ W. W. Roll</p>	<p>24. Spaghetti with Italian Meat Sauce Italian Vegetables Green Salad Apricots ◆ W. W. Roll</p>	<p>25. Chicken Pot Pie *Steamed Broccoli Green Salad Peaches ◆ W. W. Roll</p>
<p>26. Roast Beef with Gravy Mashed Potatoes <u>Carrots</u> Green Salad Apple Sauce ◆ W. W. Roll</p>	<p>27. <b>Memorial Day!</b> Chicken Marsala Red Potatoes Green Beans Green Salad *Mandarin Oranges ◆ W. W. Roll</p>	<p>28. Chili Colorado Brown Rice Mixed Vegetables Coleslaw Pineapple ◆ W. W. Roll</p>	<p>29. Chinese Chicken Salad Three Bean Salad Fruit Salad Vegetables with Dip ◆ W. W. Bread</p>	<p>30. Cheeseburger Red Potatoes <u>Carrots</u> Hamburger Condiments *Orange Wedges ◆ W. W. Roll</p>	<p>31. Fish Filets <u>Yams</u> Green Beans Green Salad w/HB Egg Banana ◆ W. W. Roll</p>	<p align="center">*Vitamin C <u>Vitamin A</u> ◆ Fiber</p>  <p align="center">Salt</p>

**Menu subject to change - Food may have been processed/exposed too or contain tree nuts, dairy, eggs, soy or wheat. Los alimentos también pueden haber sido procesados / expuestos o contener nueces de árbol, lácteos, huevos, soja o trigo.**