



Petaluma Senior Café Menu – May 2024

PETALUMA PEOPLE SERVICES CENTER
PETALUMA CAFÉ 211
 211 Novak Drive, Petaluma
12:30 to 1:00 pm. Café open and To Go Meals pick up
1:00 to 2:00 pm Coffee and Conversation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Daily</i> 1 cup 1% Milk Bread Butter</p>	<p>*Vitamin C Vitamin A ◆Fiber  Salt</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 with Sliced Tomatoes and Basil Apricots ◆W. W. Roll</p>	<p>3. Baked Fish Roasted Red Potatoes Green Beans <u>Carrot Raisin Salad</u> Boysenberries ◆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 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. Mother's Day Frittata, Rice Mixed Vegetables Green Salad Strawberries Poundcake ◆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>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>27. CLOSED FOR MEMORIAL DAY!</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>Senior suggested 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</p>	<p>Contribución Sugerida \$ 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 con una donación</p>
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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.