

Norwalk Senior Center

April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Cheeseburger Potato Salad Broccoli Slaw Wheat Burger Roll Ketchup Margarine Mandarin Oranges 1% Milk	2) Chicken and Rice Spinach Corn Bread Margarine Apple Juice Fruited Jello 1% Milk	3) Slices Turkey/Gravy Stuffing Tuscan Blend Cranberry Sauce Wheat Bread Margarine Fresh Fruit 1% Milk	4) Vegetable Barley Soup/Crax Hungarian Goulash Egg Noodles Peas Wheat Dinner Roll Margarine Birthday Cake 1% Milk	5) Spaghetti with Clam Sauce Broccoli / Cauliflower Italian Bread Margarine Grape Juice Marble Cake 1% Milk
8) Beef and Bean Chili Baked Potato Half Mexicali Corn Corn Bread Margarine Pineapple 1% Milk	9) Pot Roast/Gravy Smashed Potato Broccoli Wheat Bread Margarine Grape Juice Lemon Cake 1% Milk	10) Cream of Zucchini Soup/Crax Stuffed Salmon Wild and Brown Rice Pilaf Scandinavian Blend Pumpnickel Dinner Roll Margarine Baked Apple Slices 1% Milk	11) Herb Baked Chicken Qtr. Sweet Potato Bean Blend Rye Bread Margarine Birthday Cake 1% Milk	12) Vegetable Lasagna Roll-up Roasted Squash Zucchini Parmesan Cheese Italian Bread Margarine Fresh Fruit 1% Milk
15) Chicken Parmesan Penne Pasta Parmesan Cheese Tossed Salad with Tomato and Italian Dressing Garlic Breadstick Margarine Fresh Fruit 1% Milk	16) Lentil Soup/Crax Chef Salad with Turkey, Ham, Cheese and Hard Cooked Egg Romaine Lettuce, Cucumber French Dressing Multigrain Bread Margarine Tropical Fruit 1% Milk	17) Salisbury Steak / gravy Mashed Potato Peas and Mushrooms Wheat Dinner Roll Margarine Peaches 1% Milk	18) Easter Special! Glazed Ham Sweet Potato Pone Whole Green Beans Rye Bread Hot Cross Buns 	Senior Center Closed Good Friday 
22 Tomato Florentine Soup/Crax Tuna Salad Plate with Lettuce, Tomato Beet Salad Wheat Sandwich Roll Margarine Pears 1% Milk 	23) Sweet and Sour Pork Brown Rice Oriental Blend Veggies Dinner Roll Margarine Mandarin Oranges 1% Milk	24) Swedish Meatballs Bowtie Pasta Carrots Multigrain Bread Margarine Fresh Fruit 1% Milk	25) Hot Open Turkey Sandwich on Wheat Steak Fries Green Beans Cranberry Sauce Fruit Juice Fruit Strudel 1% Milk	26) Cheese Baked Ziti Parmesan Cheese Tossed Salad with Cucumber and Ranch Dressing Garlic Bread Fresh Fruit 1% Milk
29 Unstuffed Cabbage over Rice Glazed Carrots Wheat Dinner Roll Margarine Orange Juice Chocolate Chip Cookie 1% Milk	30) Fish Sticks/Tartar Sauce Macaroni Salad Red Cabbage Slaw Biscuit Margarine Fresh Fruit 1% Milk			

Whole Grain Bread, Butter and Skim or 1% Milk Served Daily

Reservations are required at least 24 hours in advance.

Entrees are 3 oz. portions, Vegetables & Salads are 4 oz. portions, Desserts are 4 oz. portions, Bread is 1 slice each, Milk 8 oz.

***Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.**