


## Norwalk Senior Center

## February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Three Bean Vegetarian Chili Brown Rice Country Style Vegetables Corn Bread Margarine Mandarin Oranges 1% Milk
4) Tomato Basil Soup Chicken Piccata Brown and Wild Rice Green Beans Wheat Dinner Roll Margarine Fruit Cocktail 1% Milk	5) Cheeseburger Patty Wheat Burger Roll Steak Fries Ketchup Riviera Vegetables Coffee Cake Orange Juice 1% Milk	6) Roasted Turkey / Gravy Cranberry Sauce Mashed Squash Beets Wheat Bread Margarine Fresh Fruit 1% Milk	7) Sausage and Peppers on Wedge Potato Tots Carrots Margarine Birthday Cake 1% Milk	8) Mushroom Quiche Roasted Sweet Potato Spinach Wheat Bread Margarine Fruited Jell-o Apple Juice 1% Milk
11) Chicken Parmesan Bowtie Pasta Parmesan Cheese Zucchini and Tomato Italian Bread Margarine Peaches 1% Milk	12) Beef Teriyaki Brown Rice with Pineapple Oriental Blend Wheat Roll Margarine Mandarin Oranges 1% Milk	13) Italian Wedding Soup / Crax Turkey Salad Sandwich on Wheat Bread Macaroni Salad Broccoli Slaw Chocolate Pudding Grape Juice 1% Milk	14) <b>Valentine's Day Special!</b> Chicken Kiev Au Gratin Potatoes Green Beans Wheat Dinner Roll Holiday Cake 	15) Tuna Casserole Italian Blend Vegetables Spinach Garlic Breadstick Margarine Carrot Cake Mixed Fruit Juice 1% Milk
18)  <b>CLOSED</b>  <b>President's Day!</b>	19) Chicken Pot Pie with Biscuit Beets Green Beans Margarine Baked Apple Slices 1% Milk	20) Meat Loaf / Gravy Acorn Squash Peas and Carrots Pumpnickel Dinner Roll Margarine Fresh Fruit 1% Milk	21) French Onion Soup Stuffed Salmon with Lemon Butter Sauce Wild Rice Pilaf Broccoli Wheat Dinner Roll Margarine Fresh Fruit 1% Milk Lemon	22) Cheese Stuffed Shells with Marinara Sauce and Cheese Cauliflower Roasted Vegetables Italian Bread Margarine Fruit Cocktail 1% Milk
25) Potato Crusted Fish Patty Tartar Sauce and Lemon Pasta Salad Green Beans Multigrain Bread Margarine Fresh Fruit 1% Milk	26) Sausage and Pepper Brown Rice Pilaf Broccoli Wheat Grinder Roll Margarine Fresh Fruit 1% Milk	27) Chicken Florentine Penne Pasta Parmesan Cheese Stewed Tomato Italian Bread Margarine Apricots 1% Milk	28) Roast Beef / Gravy Open Sandwich on Wheat Smashed Potato Glazed Carrots Brownie Mixed Fruit Juice 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.**