



Norwalk Senior Center

January 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
|  | 1) CLOSED New Year's Day | 2) Roasted Turkey / Gravy Cranberry Sauce Mashed Squash Beets Wheat Bread Margarine Fresh Fruit 1% Milk | 3) Sloppy Joe Wheat Sandwich Bun Potato Tots Carrots Margarine Birthday Cake 1% Milk | 4) Mushroom Quiche Roasted Sweet Potato Spinach Wheat Bread Margarine Fruited Jell-o Apple Juice 1% Milk |
| 7) Chicken Parmesan Bowtie Pasta Parmesan Cheese Zucchini and Tomato Italian Bread Margarine Peaches 1% Milk | 8) Beef Teriyaki Brown Rice with Pineapple Oriental Blend Wheat Roll Margarine Mandarin Oranges 1% Milk | 9) Italian Wedding Soup / Crax Turkey Salad Sandwich on Wheat Bread Macaroni Salad Broccoli Slaw Chocolate Pudding Grape Juice 1% Milk | 10) Garlic Chicken Qtr Baked Potato Green Beans Wheat Dinner Roll Margarine Fresh Fruit 1% Milk | 11) Tuna Casserole Italian Blend Vegetables Spinach Garlic Breadstick Margarine Carrot Cake Mixed Fruit Juice 1% Milk |
| 14) Pulled Pork Two Potato Mash Country Style Veg Wheat Bread Margarine Fruit Pie Orange Juice 1% Milk | 15) Chicken Pot Pie with Biscuit Beets Green Beans Margarine Baked Apple Slices 1% Milk | 16) Meat Loaf / Gravy Acorn Squash Peas and Carrots Pumpernickel Dinner Roll Margarine Fresh Fruit 1% Milk | 17) French Onion Soup Stuffed Salmon with Lemon Butter Sauce Wild Rice Pilaf Broccoli Wheat Dinner Roll Margarine Fresh Fruit 1% Milk | 18) Veggie Wedge with Mozzarella Cheese and Roasted Veggies Pesto Sauce Whole Grain Grinder Roll Beet Salad Fruit Cocktail 1% Milk |
| 21) CLOSED Martin Luther King Day  | 22) Sausage and Pepper Brown Rice Pilaf Broccoli Wheat Grinder Roll Margarine Fresh Fruit 1% Milk | 23) Martin Luther King Special! Fried Chicken Quarter Collard Greens Corn and Okra Biscuit Bread Pudding with Topping | 24) Roast Beef / Gravy Open Sandwich on Wheat Smashed Potato Glazed Carrots Brownie Mixed Fruit Juice 1% Milk | 25) Butternut Squash Soup/ Crax Ravioli with Sauce and Cheese Mixed Vegetables Garlic Breadstick Applesauce 1% Milk |
| 28) Meatballs / Sauce Spaghetti Cauliflower and Red Pepper Herb Bread Stick Margarine Parmesan Cheese Pears 1% Milk | 29) Vegetable Soup Herb Crusted Fish Lemon and Tartar Sauce Roasted Squash Peas Marble Bread Margarine Fresh Fruit 1% Milk | 30) Roast Pork / Gravy Mashed Potato Bean Blend Rye Bread Margarine Pound Cake with Berries Mixed Fruit Juice 1% Milk | 31) Chicken Puttanesca Bowtie Pasta Zucchini Garlic Bread 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.**