

Norwalk Senior Center

December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Chicken Parmesan Bowtie Pasta Parmesan Cheese Zucchini and Tomato Italian Bread Margarine Mandarins Peaches 1% Milk	4) Beef Teriyaki Brown Rice with Pineapple Oriental Blend Wheat Roll Margarine Mandarin Oranges 1% Milk	5) Italian Wedding Soup / Crax Turkey Salad Sandwich on Wheat Bread Macaroni Salad Broccoli Slaw Chocolate Pudding Grape Juice 1% Milk	6) Garlic Chicken Qtr Baked Potato Green Beans Wheat Dinner Roll Margarine Fresh Fruit 1% Milk	7) Tuna Casserole Italian Blend Vegetables Spinach Garlic Breadstick Margarine Carrot Cake Mixed Fruit Juice 1% Milk
10) Pulled Pork Two Potato Mash Country Style Veg Wheat Bread Margarine Fruit Pie Orange Juice 1% Milk	11) Chicken Pot Pie with Biscuit Beets Green Beans Margarine Baked Apple Slices 1% Milk	12) Meat Loaf / Gravy Acorn Squash Peas and Carrots Pumpnickel Dinner Roll Margarine Fresh Fruit 1% Milk	13) French Onion Soup Stuffed Salmon with Lemon Butter Sauce Wild Rice Pilaf Broccoli Wheat Dinner Roll Margarine Fresh Fruit 1% Milk	14) Veggie Wedge with Mozzarella Cheese and Roasted Veggies Pesto Sauce Whole Grain Grinder Roll Beet Salad Fruit Cocktail 1% Milk
17) Potato Crusted Fish Patty Tartar Sauce and Lemon Pasta Salad Green Beans Multigrain Bread Margarine Fresh Fruit 1% Milk	18) Sausage and Pepper Brown Rice Pilaf Broccoli Wheat Grinder Roll Margarine Fresh Fruit 1% Milk	19) Christmas Special! Chicken Cordon Bleu with Cream Sauce Rice Pilaf French Green Beans French Dinner Roll Fruit and Pudding Parfait with Topping	20) Roast Beef / Gravy Open Sandwich on Wheat Smashed Potato Glazed Carrots Brownie Mixed Fruit Juice 1% Milk	21) Butternut Squash Soup/ Crax Ravioli with Sauce and Cheese Mixed Vegetables Garlic Breadstick Applesauce 1% Milk
24) Meatballs / Sauce Spaghetti Cauliflower and Red Pepper Herb Bread Stick Margarine Parmesan Cheese Pears 1% Milk	25) 	26) Roast Pork / Gravy Mashed Potato Bean Blend Rye Bread Margarine Pound Cake with Berries Mixed Fruit Juice 1% Milk	27) Chicken Puttanesca Bowtie Pasta Zucchini Garlic Bread Margarine Fresh Fruit 1% Milk	28) New Year's Special! Chicken Breast with Spinach and Red Pepper Brown Rice Parsley Carrots Sparkling Juice Herbed Dinner Roll Holiday Cake
31) Tomato Basil Soup Chicken Piccata Brown and Wild Rice Green Beans Wheat Dinner Roll Margarine Fruit Cocktail 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.**