

Norwalk Senior Center

November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Pot Roast / Gravy Baked Potato / Sour Cream Green Bean Wheat Dinner Roll Margarine Fresh Fruit 1% Milk	2) Veggie Chili Baked Sweet Potato Broccoli Corn Bread Margarine Baked Apple Slices 1% Milk
5) Pork Ragout Bowtie Pasta Carrots Biscuit Margarine Fresh Fruit 1% Milk	6) Teriyaki Chicken Fried Rice Green Beans Wheat Bread Margarine Pineapple 1% Milk	7) Cheeseburger Wheat Burger Roll Baked Beans Fiesta Corn Ketchup Fresh Fruit 1% Milk	8) Veteran's Day Special! All American Hamburger on Roll Tomato/Pickle/Ketchup Coleslaw Baked Beans Apple Pie	9) Cheee Stuffed Shells with Marinara Sauce and Cheese Italian Blend Veg Parmesan Cheese Garlic Bread Margarine Mixed Fruit Juice Coffee Cake 1% Milk
12) Stuffed Salmon with Rosemary Cream Sauce Wild Rice Pilaf Green Beans Wheat Dinner Roll Margarine Fresh Fruit 1% Milk	13) Chicken Parmesan Penne with Sauce Parmesan Cheese Broccoli Italian Bread Margarine Fruit Cocktail 1% Milk	14) Beef Stew Cauliflower Mashed Squash Wheat Dinner Roll Margarine Orange Juice Marble Cake 1% Milk	15) Thanksgiving Special! Roast Turkey with Giblet Gravy Savory Stuffing Cranberry Sauce Sweet Potatoes Seasoned Peas, Carrots and Corn Corn Bread Pumpkin Pie	16) Squash and Apple Soup/Crax Spinach Quiche Broiled Tomato Roasted Potato Herb Breadstick Margarine Fresh Fruit 1% Milk
19) Bruchetta Chicken Bowtie Pasta Spinach Garlic Breadstick Margarine Grape Juice Pond Cake with Berries 1% Milk	20) Roast Pork / Gravy Mashed Potato Peas and Onions Rye Bread Margarine Applesauce 1% Milk	21) Sausage and Pepper Portuguese Turkey with Pepper and Onion Pasta Salad Green Beans Club Roll Margarine Tropical Fruit 1% Milk	22) Thanksgiving! CLOSED 	23) Thanksgiving! CLOSED 
26) Beef and Broccoli Brown Rice with Pineapple Oriental Blend Rye Bread Margarine Mandarin Oranges 1% Milk	27) Italian Wedding Soup/Crax Meatloaf / LS Gravy Smashed Potato Mixed Vegetables Wheat Bread Margarine Fresh Fruit 1% Milk	28) Pulled Pork Sweet Potato Tots Broccoli Slaw Corn Bread Margarine Applesauce 1% Milk	29) Chicken Pot Pie with Biscuit Baked Acorn Squash Margarine Orange Juice Fruit Pie 1% Milk	30) Ravioli with Sauce and Cheese Caesar Salad with Caesar Dressing Broccoli Italian 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.**