



Norwalk Senior Center

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Pork Ragout Bowtie Pasta Carrots Biscuit Margarine Fresh Fruit 1% Milk	2) Teriyaki Chicken Fried Rice Green Beans Wheat Bread Margarine Pineapple 1% Milk	3) Cheeseburger Wheat Burger Roll Baked Beans Fiesta Corn Ketchup Fresh Fruit 1% Milk	4) Cheese Stuffed Shells with Marinara Sauce Italian Blend Vegetables Parmesan Cheese Garlic Bread Margarine Mixed Fruit Juice Coffee Cake 1% Milk	5) Fish Florentine with Lemon Cream Sauce and Tartar Sauce Roasted Squash Peas Marble Bread Margarine Apricots 1% Milk
8) Stuffed Salmon with Rosemary Cream Sauce Wild Rice Pilaf Green Beans Wheat Dinner Roll Margarine Fresh Fruit 1% Milk	9) Columbus Day Special! Chicken Parm ala Santa Maria New World Shells Columbus Vegetable Blends Parmesan Cheese Italian Bread Italian Ice 	10) Beef Stew Cauliflower Mashed Squash Wheat Dinner Roll Margarine Orange Juice Marble Cake 1% Milk	11) Turkey/LS Gravy Stuffing Fresh Zucchini Corn Bread Margarine Peaches 1% Milk	12) Squash and Apple Soup/Crax Spinach Quiche Broiled Tomato Roasted Potato Herb Breadstick Margarine Fresh Fruit 1% Milk
15) Bruchetta Chicken Bowtie Pasta Spinach Garlic Breadstick Margarine Grape Juice Pond Cake with Berries 1% Milk	16) Roast Pork / Gravy Mashed Potato Peas and Onions Rye Bread Margarine Applesauce 1% Milk	17) Sausage and Pepper Portuguese Turkey with Pepper and Onion Pasta Salad Green Beans Club Roll Margarine Tropical Fruit 1% Milk	18) Spaghetti Meatballs in Sauce California Blend Garlic Bread Margarine Parmesan Cheese Fresh Fruit 1% Milk	19) Cream of Carrot Soup/ Crax Tuna Salad Plate Tuna Salad, Tossed Salad with Chick Peas, French Dressing Beet Salad Hard Roll Margarine Pears 1% Milk
22) Beef and Broccoli Brown Rice with Pineapple Oriental Blend Rye Bread Margarine Mandarin Oranges 1% Milk	23) Italian Wedding Soup/Crax Meatloaf / LS Gravy Smashed Potato Mixed Vegetables Wheat Bread Margarine Fresh Fruit 1% Milk	24) Pulled Pork Sweet Potato Tots Broccoli Slaw Corn Bread Margarine Applesauce 1% Milk	25) Chicken Pot Pie with Biscuit Baked Acorn Squash Margarine Orange Juice Fruit Pie 1% Milk	26) Ravioli with Sauce and Cheese Caesar Salad with Caesar Dressing Broccoli Italian Bread Margarine Fresh Fruit 1% Milk
29) Hot Open Turkey Sandwich on Wheat Steak Fries Ketchup Cranberry Sauce Bean Blend Appricots 1% Milk	30) Potato Crusted Fish Patty Tartar Sauce and Lemon Macaroni and Cheese Zucchini and Tomato Marble Bread Margarine Pineapple Juice Brownie 1% Milk	31) Halloween Special! Spooky Spaghetti Monster Meatballs Goulish Green Beans Witches Brew Batty Breadsticks Candy Corn Brownies 		

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.**