



Norwalk Senior Center

May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
1) Hungarian Goulash Bowtie Noodles Carrots Rye Dinner Roll Margarine Fresh Fruit 1% Milk	2) Cream of Zucchini Soup Unsalted Crackers BBQ Chicken Qtr. Potato Wedges Broccoli Dinner Roll Margarine Fruit Cocktail 1% Milk	3) Sweet and Sour Pork Brown Rice Oriental Blend Multigrain Bread Margarine Fresh Orange Wedges 1% Milk	4) Roast Beef/LS Gravy Mashed Potato Corn and Red Pepper Wheat Bread Birthday Cake 1% Milk	5) Cinco De Mayo Special! Taco Bake with Tortilla Chips Lettuce, Tomato, Cheese, Sour Cream and Taco Sauce Fiesta Corn Lime Jell-O with Fruit and Whipped Topping
8) Roast Chicken LS Gravy Brown Rice Pilaf Glazed Carrots Rye Bread Margarine Pears 1% Milk	9) Beef Stew Baked Acorn Squash Spinach Biscuit Margarine Fresh Fruit 1% Milk	10) Mother's Day Special ! Fresh Fruit Cup Spinach, Broccoli and Mushroom Quiche Home Fries Tossed Salad with Tomato and Italian Dressing Cinnamon Coffee Cake	11) Breaded Fish Tartar Sauce/ Lemon Potato Wedges Ketchup Bean Blend Wheat Bread Margarine Peach Crisp 1% Milk	12) Crab Cake Tartar Sauce Macaroni and Cheese Stewed Tomato Wheat Dinner Roll Margarine Apple Juice Vanilla Pudding with Strawberries 1% Milk
15) Swedish Meatballs Bowtie Noodles Green Beans Wheat Bread Margarine Apple Juice Carrot Cake 1% Milk	16) Roast Pork / LS Gravy Smashed Potato Broccoli Pumpernickel Bread Margarine Applesauce 1% Milk	17) Unstuffed Cabbage Brown Rice Carrots Rye Bread Margarine Pineapple 1% Milk	18) Vegetable Soup Unsalted Crackers Chicken Picatta Roasted Potato Peas Multigrain Dinner Roll Margarine Fresh Fruit 1% Milk	19) Eggplant Rolatini Parmesan Cheese Penne with Sauce Spinach with White Beans Garlic Bread Margarine Cranapple Juice Vanilla Pudding 1% Milk
22) Pasta Fajiole Unsalted Crackers Cold Cut Grinder (Turkey, Ham , Cheese, Lettuce and Tomato on Grinder Roll) Mustard Three Bean Salad Sliced Apples 1% Milk	23) Chicken Teriyaki Fried Rice Snow Peas Rye Bread Margarine Pineapple Tidbits 1% Milk	24) Memorial Day Special! Cheeseburger with Sauteed Onions and Peppers Hamburger Roll / Ketchup Potato Salad Baked Beans Pickle Wedge Blueberry Pie	25) Linguini Clam Sauce Broccoli Carrots Italian Bread Margarine Pineapple Juice Berry Strudel 1% Milk	26) Cheese Omelet Roasted Squash Grilled Vegetables Muffin Margarine Fresh Fruit 1% Milk
29) CLOSED! Memorial Day!	30) Beef and Bean Chili Baked Potato Half Tossed Salad with Shredded Carrots and Ranch Dressing Multigrain Bread Margarine Cranberry Juice Marble Cake 1% Milk	31) WG Spaghetti Chicken and Beef Meatballs in Sauce Parmesan Cheese Italian Blend Garlic Breadstick Margarine Mandarin Oranges 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.**