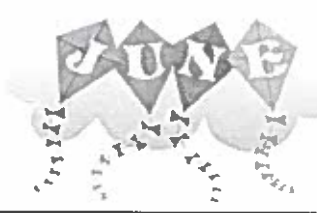





Norwalk Senior Center

June 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Split Pea Soup Unsalted Crackers Broccoli and Mushroom Quiche Roasted Vegetables Canned Pears WG Roll Margarine 1% Milk
4) BBQ Chicken Qtr. Baked Beans Coleslaw Corn Bread Margarine Watermelon 1% Milk	5) Italian Wedding Soup Unsalted Crackers Seafood Salad Plate Seafood Salad with Lettuce, Cucumber Beet Salad Herb Breadstick Margarine Fresh Fruit 1% Milk	6) Sliced Turkey/LS Gravy Stuffing California Blend Wheat Dinner Roll Margarine Baked Apple Slices 1% Milk	7) Cheeseburger Bun Ketchup Potato Wedges Lettuce, Tomato and Pickle Birthday Cake 1% Milk	8) Spinach Quiche Tossed Salad with Carrots and Olives Italian Dressing Garlic Bread Grape Juice Ice Cream Cup 1% Milk
11) Sweet and Sour Pork Brown Rice Broccoli / Carrots Multigrain Bread Margarine Pineapple 1% Milk	12) Cheese Baked Zitti Roasted Vegetables Caesar Salad with Caesar Dressing Parmesan Cheese Italian Bread Margarine Apple Juice Chocolate Chip Cookie 1% Milk	13) Pot Rost/ LS Gravy Smashed Potato Peas and Onions WG Biscuit Margarine Fresh Fruit 1% Milk	14) Father's Day Special! Barbecue Chicken Corn on the Cob Broccoli Slaw Watermelon Apple Pie	15) Potato Crunch Fish Tartar Sauce and Lemon Macaroni and Cheese Mixed Vegetables Wheat Bread Margarine Grape Juice Fruited Gelatin with Whipped Topping 1% Milk
18) Spaghetti and Meatballs Tossed Salad with Cucumber and Italian Dressing Parmesan Cheese Wheat Breadstick Margarine Orange Juice Italian Ice 1% Milk	19) Oven Baked Chicken Qtr. Wild and Brown Rice Pilaf Tuscan Blend Vegetables Wheat Dinner Roll Margarine Fresh Fruit 1% Milk	20) Lentil Soup / Crackers Chef Salad Plate Lettuce, Cucumber, Turkey, Ham, Cheese, Hard Cooked Egg French Dressing Multigrain Bread Margarine Peaches 1% Milk	21) First Day of Summer Special! Low Sodium Hot Dogs on Rolls Mustard Chili Coleslaw Ice Cream	22) Stuffed Shells with Vegetable Cream Sauce Roasted Squash Spinach Salad with Carrots and Raspberry Vinaigrette Melon 1% Milk
25) Chicken, Broccoli and Cheese Potato Wedges Carrots Wheat Dinner Roll Margarine Fresh Fruit 1% Milk	26) Beef Taco Salad with Cheese Lettuce and Tomato Salsa and Ranch Dressing Tortilla Chips Grape Juice Marble Cake 1% Milk	27) Light Crunch Fish Tartar Sauce and Lemon Wheat Sandwich Bun Red Cabbage Coleslaw Tricolor Pasta Salad Melon 1% Milk	28) Chicken Parmesan Penne Parmesan Cheese California Blend Italian Bread Margarine Peaches 1% Milk	29) Cream of Zucchini Soup Unsalted Crackers Spanish Omelet (Tomato, Pepper, Onion) Hash Brown Potato Blueberry Muffin 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.