


Norwalk Senior Center

August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Spinach Frittata Zucchini and Tomatoes Carrots Dinner Roll Margarine Melon 1% Milk	2) Stuffed Shells Sausage Spinach with Garlic Italian Bread Margarine Mixed Fruit Juice Chocolate Pudding 1% Milk	3) Philly Cheese Steak Steak and Cheese Grinder Roll Pepper and Onion Steak Fries Cucumber Salad Orange Juice Carrot Cake 1% Milk	4) Rhode Island Clam Chowder Unsalted Crackers Pasta and Tuna Salad Lettuce and Tomato Beet Salad Garlic Breadstick Margarine Pineapple 1% Milk
7) Tortellini and Ham Salad with Tomatoes and Peppers Broccoli Salad Italian Bread Margarine Pineapple Juice Italian Ice 1% Milk	8) Herb Baked Chicken Brown Rice Pilaf Greek Style Green Beans Dinner Roll Margarine Grape Juice Chocolate Cake 1% Milk	9) Pulled Pork with BBQ Sauce Baked Beans Coleslaw Corn Bread Margarine Fresh Fruit 1% Milk	10) Spaghetti Meatsauce Fresh Zucchini Garlic Bread Margarine Apple Juice Fruited Jello 1% Milk	11) Cream of Zucchini Soup Unsalted Crackers Fish Croquettes Tartar Sauce Sweet Potato Tots Spinach Wheat Dinner Roll Margarine Melon 1% milk
14) Sweet and Sour Pork Brown Rice Oriental Blend Multigrain Bread Margarine Fresh Orange Wedges 1% Milk	15) Eggplant Rolatini Penne Pasta with Sauce Roasted Cauliflower Italian Bread Margarine Pineapple Juice Ice Cream Cup 1% Milk	16) Taste of Italy Special! Cannelloni Cheese Pasta with White Sauce Cauliflower and Zucchini Baked Tomato Half Italian Bread Margarine Chocolate Mousse 1% Milk	17) Hamburger on a Wheat Bun Ketchup Lettuce, Tomato, Pickle Potato Salad Peaches 1% Milk	18) White Vegetable Lasagna Tossed Salad and Cucumber Vinaigrette Dressing Fresh Yellow Squash Wheat Dinner Roll Margarine Tropical Fruit 1% Milk
21) BBQ Chicken Qtr. Steak Fries Green Beans Wheat Bread Margarine Melon 1% Milk	22) Roast Pork/ LS Gravy Smashed Potato Carrots Pumpernickel Bread Margarine Applesauce 1% Milk	23) Crab Cake with Tartar Sauce Wild Rice Pilaf Broccoli Slaw Multigrain Roll Margarine Mixed Berry Strudel 1% Milk	24) Tomato Basil Soup Egg Salad Sandwich Croissant Margarine Lettuce, Tomato Three Bean Salad Pears 1% Milk	25) Cheese Baked Ziti with Parmesan Cheese Riviera Blend Carrots Italian Bread Margarine Apple Juice Ice Cream Sandwich 1% Milk
28) Roasted Cauliflower Soup Unsalted Crackers Seafood Salad Plate Seafood Salad, Lettuce and Tomato Marinated Cucumber Salad Portuguese Roll Margarine Fresh Fruit 1% Milk	29) Spanish Chicken Qtr. Yellow Rice with Vegetables Snap Peas Corn Bread Margarine Apple Juice Rice Pudding 1% Milk	30) Beef and Bean Chili Baked Potato Broccoli Multigrain Bread Margarine Cranberry Juice Marble Cake 1% Milk	31) Stuffed Salmon with Lemon Sauce Mashed Butternut Squash Succotash Enriched Bread Margarine Apple Crisp 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.**