


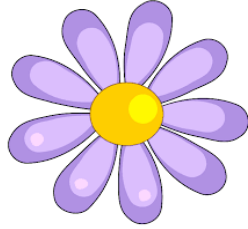


Norwalk Senior Center

April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Turkey Bolognese WG Penne Parmesan Cheese Tossed Salad Carrots Italian Dressing Italian Bread Margarine Baked Apple Slices 1% Milk	3) Roast Beef w/LS Gravy Mashed Sweet Potato Broccoli Multigrain Roll Margarine Fresh Fruit 1% Milk	4) Italian Wedding Soup Unsalted Crackers Herb-Crusted Fish Tartar Sauce/Lemon Brown Rice Glazed Carrots Rye Bread Margarine Canned Peaches 1% Milk	5) Chicken Piccata Roasted Butternut Squash Green Beans Garlic Bread Cran-Grape Juice Birthday Cake 1% Milk	6) Eggplant Parmesan Ziti with Tomato Sauce Caesar Salad, w/ Caesar Dressing Parmesan Cheese Pumpnickel Bread Margarine Fresh Apple 1% Milk
9) Beef Stroganoff Bowtie Noodles Green Beans Whole Wheat Bread Margarine Fresh Fruit 1% Milk	10) Roasted Chicken Sweet Potato Veggie Blend WG Roll Margarine Berry Strudel Apple Juice 1% Milk	11) Pork Roast w/LS Gravy Mashed Potato Broccoli Pumpnickel Bread Margarine Mandarin Oranges 1% Milk	12) Chicken Noodle Soup Unsalted Crackers Quiche Lorraine Broiled Tomato Rye Bread Margarine Fruit Cocktail 1% Milk	13) Mediterranean Fish Tartar / Lemon Roasted Potatoes Zucchini WG Roll Margarine Pineapple 1% Milk
16) Orange Chicken Fried Rice Sauteed Peppers Wheat Bread Margarine Grape Juice Butterscotch Pudding 1% Milk	17) Pork Ragout WG Penne, Parmesan Cheese Zucchini and Summer Squash Garlic Bread Mandarin Oranges 1% Milk	18) Minestrone Soup Unsalted Crackers Cold Grinder (Turkey, Ham, Cheese w/ Lettuce and Tomato) Chocolate Cake Mixed Fruit Juice 1% Milk	19) Beef Stew Mashed Potatoes Carrots WG Roll Margarine Grapes 1% Milk	20) Baked Ziti Tossed Salad with Cucumbers and Ranch Dressing Parmesan Cheese Breadstick Margarine Canned Peaches 1% Milk
23) Chicken Marsala Mashed Potato Broccoli Italian Bread Margarine Fresh Fruit 1% Milk	24) Unstuffed-Stuffed Peppers Tossed Salad with Tomatoes and Balsamic Dressing Canned Peaches Whole Wheat Bread Margarine 1% Milk	25) Roasted Turkey Breast Mushed Butternut Squash Green Beans Rye Bread Margarine Pie Pineapple Juice 1% Milk	26) Pulled Pork Sandwich WG Bun Coleslaw Baked Beans Grapes 1% Milk	27) Split Pea Soup Unsalted Crackers Broccoli and Mushroom Quiche Roasted Vegetables Canned Pears WG Roll Margarine 1% Milk
30) Tuscan Bean Soup Ravioli with Meat Sauce Broccoli Parmesan Cheese Canned Peaches Italian Bread Margarine 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.**