






Norwalk Senior Center

February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5) Salisbury Steak LS Mushroom Gravy Smashed Potato Tuscany Blend Vegetables Family Grain Bread Margarine Pineapple Juice Pie 1% Milk	6) BBQ Chicken Qtr Baked Beans Coleslaw Biscuit Margarine Fresh Fruit 1% Milk	7) Chicken Noodle Soup Unsalted Crackers Stuffed Salmon with Dill Sauce Orzo Beets Pumpnickel Dinner Roll Margarine Fresh Fruit 1% Milk	1) Swiss Steak with Tomato, Onion and Pepper Bowtie Noodles Spinach Biscuit Margarine Birthday Cake 1% Milk	2) Cream of Carrot Soup Unsalted Crackers Broccoli and Mushroom Frittata Potato Obrien Wheat Breadstick Margarine Pineapple 1% Milk
12) Cranberry Glazed Chicken Roasted Sweet Potato Green Beans Wheat Dinner Roll Margarine Fresh Fruit 1% Milk	13) Cheese Baked Ziti Meatball Romaine Salad with Cucumber, French Dressing Breadstick Margarine Mandarin Oranges 1% Milk	14) Ash Wednesday Special! Fish Almondine Baked Potato with Sour Cream French Green Beans Wheat Dinner Roll Chocolate Pudding 	15) Valentine's Day Special! Beef Braciolo with Gravy Buttered Noodles Carrots French Bread Strawberry Chiffon or Angel Food Cake with Strawberry Topping	16) Spinach Quiche Stewed Tomatoes Roasted Vegetables Family Grain Bread Margarine Fresh Fruit 1% Milk
19) CLOSED! President's Day!	20) Hot Open Turkey Sandwich on Wheat with LS gravy Steak Fries California Blend Fresh Fruit 1% Milk	21) NE Clam Chowder Unsalted Crackers Ritz Crusted Haddock Tartar Sauce/Lemon Cranberry Rice Peas and Carrots Family Grain Bread Margarine Pears 1% Milk	22) Herb Roasted Chicken Qtr. Acorn Squash Green Beans Marble Rye Margarine Orange Juice Carrot Cake 1% Milk	23) Spinach Grandioli Zucchini and Yellow Squash Tossed Salad with Shredded Carrot Ranch Dressing Italian Bread Margarine Fresh Fruit 1% Milk
26) Pork Roast Loin/LS Gravy Mashed Sweet Potato Peas and Onions Rye Bread Margarine Applesauce 1% Milk	27) Vegetable Barley Soup Unsalted Crackers Chicken Florentine Bowtie Noodles Carrots Wheat Dinner Roll Margarine Tropical Fruit 1% Milk	28) Beef and Been Chili Zucchini Corn Biscuit Margarine Fresh Fruit 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.**