





Norwalk Senior Center

March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Butternut Squash Soup/ Crax Ravioli with Sauce and Cheese Mixed Vegetables Garlic Breadstick Applesauce 1% Milk
4) Beef and Bean Chili Baked Potato Half Mexicali Corn Corn Bread Margarine Pineapple 1% Milk	5) Pot Roast/Gravy Smashed Potato Broccoli Wheat Bread Margarine Grape Juice Lemon Cake 1% Milk	6) Cream of Zucchini Soup/Crax Stuffed Salmon Wild and Brown Rice Pilaf Scandinavian Blend Pumpnickel Dinner Roll Margarine Baked Apple Slices 1% Milk	7) Herb Baked Chicken Qtr. Sweet Potato Bean Blend Rye Bread Margarine Birthday Cake 1% Milk	8) Vegetable Lasagna Roll-up Roasted Squash Zucchini Parmesan Cheese Italian Bread Margarine Fresh Fruit 1% Milk
11) Chicken Parmesan Penne Pasta Parmesan Cheese Tossed Salad with Tomato and Italian Dressing Garlic Breadstick Margarine Fresh Fruit 1% Milk	12) Lentil Soup/Crax Chef Salad with Turkey, Ham, Cheese and Hard Cooked Egg Romaine Lettuce, Cucumber French Dressing Multigrain Bread Margarine Tropical Fruit 1% Milk	13) Salisbury Steak / gravy Mashed Potato Peas and Mushrooms Wheat Dinner Roll Margarine Peaches 1% Milk	14) St. Patrick's Day Special! Corned Beef and Cabbage Boiled Potatoes Carrots Irish Soda Bread Bread Pudding with Topping 	15) Ratatouille with Chick Peas over Brown Rice Spinach Salad with Fresh Mushrooms and Raspberry Vinaigrette Dressing Wheat Breadstick Margarine Apple Juice Brownie 1% Milk
18) Tomato Florentine Soup/Crax Tuna Salad Plate with Lettuce, Tomato Beet Salad Wheat Sandwich Roll Margarine Pears 1% Milk	19) Sweet and Sour Pork Brown Rice Oriental Blend Veggies Dinner Roll Margarine Mandarin Oranges 1% Milk	20) Swedish Meatballs Bowtie Pasta Carrots Multigrain Bread Margarine Fresh Fruit 1% Milk 	21) Hot Open Turkey Sandwich on Wheat Steak Fries Green Beans Cranberry Sauce Fruit Juice Fruit Strudel 1% Milk	22) Cheese Baked Ziti Parmesan Cheese Tossed Salad with Cucumber and Ranch Dressing Garlic Bread Fresh Fruit 1% Milk
25) Unstuffed Cabbage over Rice Glazed Carrots Wheat Dinner Roll Margarine Orange Juice Chocolate Chip Cookie 1% Milk	26) Fish Sticks/Tartar Sauce Macaroni Salad Red Cabbage Slaw Biscuit Margarine Fresh Fruit 1% Milk	27) Pork Lion / Gravy Mashed Potato Broccoli Rye Bread Margarine Applesauce 1% Milk	28) Chicken Cordon Bleu Barley Green Beans Dinner Roll Margarine Fresh Fruit 1% Milk	29) Cream of Carrot Soup/Crax Broccoli Quiche Broiled Tomato Fresh Zucchini Wheat Bread Margarine Apricots 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.**