



## Norwalk Senior Center

## August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Light Crunch Fish Tartar Sauce and Lemon Wheat Sandwich Bun Red Cabbage Coleslaw Tricolor Pasta Salad Melon 1% Milk	2) Chicken Parmesan Penne California Blend Parmesan Cheese Italian Bread Margarine Birthday Cake 1% Milk	3) Cream of Zucchini Soup Unsalted Crackers Spanish Omelet (Tomato, Pepper, Onion) Hash Brown Potato Blueberry Muffin Margarine Fruit Cocktail 1% Milk
6) Tuna / Pasta Salad Tossed Salad with Cucumber and French Dressing Multigrain Bread Margarine Pears 1% Milk	7) Chicken Tenders Ketchup Sweet Potato Fries Corn on Cob Dinner Roll Margarine Melon 1% Milk	8) Pork Loin / LS Gravy O'Brien Potato Green Beans Pumpnickel Bread Margarine Apple Juice Oatmeal Cookie 1% Milk	9) Philly Cheese Steak Sandwich Onions and Peppers Potato Wedges Wheat Bread Margarine Mandarin Oranges 1% Milk	10) Eggplant Rolatini Penne Pasta with Sauce Cauliflower Parmesan Cheese Garlic Bread Margarine Fresh Fruit 1% Milk
13) BBQ Chicken Qtr. Baked Beans Coleslaw Corn Bread Margarine Watermelon 1% Milk	14) Italian Wedding Soup Unsalted Crackers Seafood Salad Plate Seafood Salad with Lettuce, Cucumber Beet Salad Herb Breadstick Margarine Fresh Fruit 1% Milk	15) <b>Taste Of Italy Special!</b> Cannelloni Cheese Pasta with White Sauce Cauliflower and Zucchini Baked Tomato Half Italian Bread Chocolate Mousse with Whipped Topping	16) Cheeseburger Bun Ketchup Potato Wedges Lettuce, Tomato and Pickle Peaches 1% Milk	17) Spinach Quiche Tossed Salad with Carrots and Olives Italian Dressing Garlic Bread Grape Juice Ice Cream Cup 1% Milk
20) Sweet and Sour Pork Brown Rice Broccoli / Carrots Multigrain Bread Margarine Pineapple 1% Milk	21) Cheese Baked Zitti Roasted Vegetables Caesar Salad with Caesar Dressing Parmesan Cheese Italian Bread Margarine Apple Juice Chocolate Chip Cookie 1% Milk	22) Pot Rost/ LS Gravy Smashed Potato Peas and Onions WG Biscuit Margarine Fresh Fruit 1% Milk	23) Chicken Picatta Sweet Potato Green Beans Rye Bread Margarine Fresh Fruit 1% Milk	24) Potato Crunch Fish Tartar Sauce, Lemon Macaroni and Cheese Mixed Vegetables Wheat Bread Margarine Grape Juice Fruited Gelatin with Whipped Topping 1% Milk
27) Spaghetti and Meatballs Tossed Salad with Cucumber and Italian Dressing Parmesan Cheese Wheat Breadstick Margarine Orange Juice Italian Ice 1% Milk	28) <b>Labor Day Special!</b> Grilled Hamburger Au Jus on Roll Cheese, Lettuce and Tomato Summer Blend Veggies German Potato Salad Ketchup Blueberry Parfait with Vanilla Pudding	29) Lentil Soup / Crackers Chef Salad Plate Lettuce, Cucumber, Turkey, Ham, Cheese, Hard Cooked Egg French Dressing Multigrain Bread Margarine Peaches 1% Milk	30) Crab Cake / Tartar Sauce Lemon Roasted Potato Fresh Zucchini Pumpnickel Dinner Roll Margarine Pineapple 1% Milk	31) Stuffed Shells with Vegetable Cream Sauce Roasted Squash Spinach Salad with Carrots and Raspberry Vinaigrette Melon 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.**