





Norwalk Senior Center

September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) CLOSED! LABOR DAY 	3) Chicken Parmesan Penne Pasta with Sauce Parmesan Cheese Tossed Salad with Cucumber Italian Dressing Herb Breadstick Margarine Fresh fruit 1% Milk	4) Chicken Noodle Soup Unsalted Crackers Chicken Pot Pie Mix Biscuit Broccoli Margarine Peaches 1% Milk	5) Pork Loin / Gravy Baked Sweet Potato Carrots Pumpernickel Dinner Roll Margarine Apple Juice Chocolate Chip Cookie 1% Milk	6) Butternut Squash Ravioli with Cream Sauce White Beans Spinach Italian Bread Margarine Baked Apple Slices 1% Milk
9) Pulled Pork Baked Beans Coleslaw Vinaigrette Burger Roll Margarine Fresh Fruit 1% Milk	10) Fish Sticks Tartar Sauce, Lemon Barley Pilaf California Blend Wheat Dinner Roll Margarine Grape Juice Pound Cake with Strawberry Topping 1% Milk	11) Salisbury Steak / Gravy Smashed Potato Mixed Vegetables Rye Bread Margarine Fresh Fruit 1% Milk	12) Chicken Picatta Sweet Potato Broccoli Wheat Dinner Roll Margarine Pears 1% Milk	13) Vegetarian Vegetable Soup Unsalted Crackers Broccoli Quiche Sweet Potato Fries Broiled Tomato Multigrain Bread Margarine Fruit Cocktail 1% Milk
16) Herb Baked Chicken Qtr. Roasted Squash Spinach Wheat Breadstick Margarine Orange Juice Chocolate Pudding 1% Milk	17) Lentil Soup Unsalted Crackers Cold Cut Sandwich (Ham, Turkey, Cheese, Lettuce, Tomato, Pickle Chip) Beet Salad Mustard / Mayo Grinder Roll Margarine Apricots 1% Milk	18) Meatballs Spaghetti Parmesan Cheese Caesar Salad with Croutons and Caesar Dressing Garlic Bread Grinder Roll Margarine Fresh Fruit 1% Milk	19) Baked Salmon Strips with Dill Sauce, Lemon Wild and Brown Rice Pilaf Scandinavian Blend Wheat Bread Margarine Fresh Fruit 1% Milk	20) Beef Chili Potato Wedges Broccoli Corn Muffin Margarine Pineapple 1% Milk
23) Tomato Basil Soup Unsalted Crackers Fish Croquette Tartar Sauce, Lemon Confetti Brown Rice Broccoli and Cauliflower Dinner Roll Margarine Fresh Fruit 1% Milk	24) Chicken Francese Bowtie Noodles Fresh Zucchini Italian Bread Margarine Peaches 1% Milk	25) Sweet and Sour Pork Fried Brown Rice Asian Vegetable Blend Multigrain Bread Orange Juice Lemon Cookie 1% Milk	26) Pot Roast/Gravy Mashed Potato Green Beans Marble Bread Margarine Mandarin Oranges 1% Milk	27) Cheese Baked Ziti Parmesan Cheese Seasoned Cannellini Beans Tossed Salad with Olive and Italian Dressing Garlic Breadstick Margarine Fresh Fruit 1% Milk
30) Beef Stew Bowtie Noodles Green Beans Wheat Bread Margarine Fruit Cocktail 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.**