

Norwalk Senior Center

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Hot Open Turkey Sandwich on Wheat / Gravy Potato Wedges Tossed Salad w/ Carrots Italian Dressing Apple Slices with Cinnamon 1% Milk	3) Salisbury Steak w/LS Gravy Mashed Sweet Potato Broccoli Multigrain Roll Margarine Fresh Fruit 1% Milk	4) Tomato Basil Soup w/Crackers Southern Crusted Fish Tartar Sauce/Lemon Brown Rice Glazed Carrots Rye Bread Margarine Canned Peaches 1% Milk	5) Chicken Marsala Roasted Squash Green Beans Multigrain Bread Margarine Orange Juice Chocolate Pudding 1% Milk	6) Eggplant Rolatini Ziti w/ Sauce Caesar Salad w/Caesar Dressing Italian Bread Margarine Fresh Fruit 1% Milk
9) Beef Stroganoff Bowtie Noodles Green Beans Whole Wheat Bread Margarine Fresh Fruit 1% Milk	10) Roasted Chicken Roasted Rosemary Potatoes Scandinavian Blend Wheat Dinner Roll Margarine Apple Juice Carrot Cake 1% Milk	11) Pork Roast w/LS Gravy Mashed Potato Broccoli Pumpnickel Bread Margarine Mandarine Oranges 1% Milk	12) Chicken Tortilla Soup with Crackers Mushroom - Spinach Quiche Broiled Tomato Orzo Pilaf Marble Bread Fruit Cocktail 1% Milk	13) Mediterranean Fish Tartar / Lemon Brown Rice Pilaf Bean Blend Dinner Roll Margarine Pineapple 1% Milk
16) Minestrone Soup LS Crackers Cold Grinder (Turkey, Ham Cheese, Lettuce and Tomato) Mustard / Mayo Beet Salad Peaches 1% Milk	17) St. Patrick's Day Special! Corned Beef and Cabbage Boiled Potatoes Carrots Irish Soda Bread Bread Pudding with Topping 	18) Orange Chicken Fried Rice Saute Peppers and Onions Wheat Bread Margarine Pineapple 1% Milk	19) Beef and Bean Chili Roast Potato Wedges Roasted Squash Corn Bread Margarine Fresh Fruit 1% Milk 	20) Baked Ziti Tossed Salad wit Cucumbers and Ranch Dressing Breadstick Margarine Orange Juice Iced Chocolate Cake 1% Milk
23) Chicken Cacciatore Bowtie Noodles Cauliflower Italian Bread Margarine Fresh Fruit 1% Milk	24) Italian Wedding Soup Crackers Unstuffed Peppers Tossed Salad with Tomatoes and Balsamic Dressing Whole Wheat Bread Pears 1% Milk	25) Pulled Pork Sandwich Wheat Bun Coleslaw Baked Beans Fresh Fruit 1% Milk	26) Roasted Turkey Breast Mashed Butternut Squash Green Beans Rye Bread Margarine Apple Juice Brownie 1% Milk	27) Tuna Boat - Tuna Salad in Hot Dog Bun Lettuce, Tomato Pasta and Veggie Salad Mixed Fruit Juice Vanilla Pudding with Berries 1% Milk
30) Ravioli w/ Meat Sauce Broccoli Parmesan Cheese Italian Bread Margarine Apple Juice Chocolate Chip Cookie 1% Milk	31) Fish Sticks Tartar Sauce / Lemon Macaroni and Cheese Green Beans Rye Bread 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.