




Norwalk Senior Center

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Taco Salad (Lettuce, Tomato, Ground Beef, Cheddar Cheese) Black Bean and Corn Salad Tortilla Chips Chocolate Chip Cookie Assorted Fruit Juice Milk Ranch Dressing	2) Diced Chicken with Alfredo Sauce Penne Pasta Carrots Italian Bread Applesauce Milk Margarine
5) Hamburger Patty American Cheese Crinkle Cut Fries Carrots WG Hamburger Bun Seasonal Fruit Milk Ketchup	6) Smothered Chicken Thigh Brown Rice Broccoli Rye Bread Pound Cake Assorted Fruit Juice Milk Margarine	7) Beef Spaghetti Casserole Cauliflower Tossed Salad Italian Bread Seasonal Fruit Milk Margarine Italian Dressing	8) Split Pea Soup Chef Salad (Lettuce, Tomatoes, Carrots, Ham, Turkey, Egg, Cheddar Cheese) Dinner Roll Mandarin Oranges Milk Margarine Ranch Dressing Saltine Crackers	9) BBQ Chicken Leg Quarter Macaroni and Cheese Mixed Greens White Bread Cinnamon Applesauce Milk Margarine
12) Honey Baked Chicken Thigh Confetti Brown Rice Carrots Rye Bread Seasonal Fruit Milk Margarine	13) Potato Crusted Pollock Oven Roasted Potatoes Cucumber Salad White Bread Diced Peaches Milk Margarine Tartar Sauce	14) Salisbury Steak W/ Vegetable Gravy Rice Pilaf Broccoli Dinner Roll Diced Pears Milk Margarine	15) Apricot Mustard Pork Whipped Potatoes Brussels Sprouts Wheat Bread Oatmeal Raisin Cookie Assorted Fruit Juice Milk Margarine	16) Mushroom Soup Chicken Scallopini Garlic Parmesan Orzo Italian Bread Seasonal Fruit Milk Margarine Saltine Crackers
19) Beef / Chicken Meatballs with Marinara Sauce Penne Pasta Green Peas Italian Bread Seasonal Fruit Milk Margarine	20) Chicken Caesar Salad Garbanzo Bean Salad Italian Bread Seasonal Fruit Milk Margarine Caesar Dressing	21) Navy Bean Soup Beef Philly Cheese Steak Oven Roasted Potatoes WG Hot Dog Bun Seasonal Fruit Milk Margarine Saltine Crackers	22) Bourbon Chicken Thigh Cheesy Whipped Potatoes Broccoli Dinner Roll Chocolate Chip Cookie Assorted Fruit Juice Milk Margarine	23) Sweet and Sour Hawaiian Pork Vegetable Lo Mein Asian Vegetable Blend Wheat Bread Mandarin Oranges Milk Margarine
26) Country Fried Steak w/Gravy Whipped Potatoes Broccoli White Bread Seasonal Fruit Milk Margarine	27) Cheese Ravioli w/Pesto Cream Sauce Tossed Salad Cauliflower Dinner Roll Applesauce Milk Margarine Ranch Dressing	28) BBQ Pork Scalloped Potatoes Mixed Greens Wheat Bread Fudge Brownie Assorted Fruit Juice Milk Margarine	29) Labor Day Special! Grilled Hamburger American Cheese Lettuce, Tomato, Onion, Potato Salad Wheat Hamburger Bun Assorted Fruit Juice Oatmeal Cookie Milk Ketchup	30) Corn Chowder Meatloaf w/Gravy Whipped Potatoes Dinner Roll Diced Pears Milk Margarine