

Sponsored by Catholic Charities

## Norwalk Senior Center

## September 2026

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|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>HELLO<br/>September</p>                                        | <p>1) Beef Chili<br/>Corn<br/>Carrots<br/>WG Cornbread Muffin<br/>Mixed Fruit<br/>Milk<br/>Margarine</p>                                                  | <p>2) Enchilada Chicken Breast<br/>Black Beans &amp; Brown Rice<br/>Fiesta Vegetables<br/>Flour Tortilla<br/>Tropical Fruit<br/>Milk<br/>Margarine</p>                                                          | <p>3) <b>Labor Day Special!</b><br/>Chili Hot Dog</p> <p>Potato Salad<br/>Coleslaw<br/>WG Hot Dog Bun<br/>Assorted Fruit Juice<br/>Fruited Gelatin<br/>Milk<br/>Ketchup</p>  | <p>4) Vegetable Soup<br/>Chicken Parmesan<br/>WG Rotini Pasta<br/>Italian Bread<br/>Seasonal Fruit<br/>Milk<br/>Margarine<br/>Saltine Crackers</p>                                   |
| <p>7) <b>CLOSED</b><br/><br/><b>Labor Day</b></p>                                                                                                   | <p>8) Broccoli and Cheese Frittata<br/>Tater Tots<br/>Tossed Salad<br/>WG Blueberry Muffin<br/>Applesauce<br/>Milk<br/>Margarine<br/>Italian Dressing</p> | <p>9) Turkey Taco Salad<br/>(Lettuce, Tomato, Ground Turkey,<br/>Cheddar Cheese)<br/>Black Bean and Corn Salad<br/>Tortilla Chips<br/>Pineapple Tidbits<br/>Milk<br/>Ranch Dressing</p>                         | <p>10) California Vegetable Soup<br/>Beef Tips w/Gravy<br/>WG Elbow Pasta<br/>Wheat Bread<br/>Tropical Fruit<br/>Milk<br/>Margarine<br/>Saltine Crackers</p>                                                                                                    | <p>11) Southwest Ancho Lime<br/>Chicken Leg Quarter<br/>Confetti Brown Rice<br/>Plantains<br/>White Bread<br/>Fresh Baked Cookie<br/>Assorted Fruit Juice<br/>Milk<br/>Margarine</p> |
| <p>14) Hamburger Patty<br/>American Cheese<br/>Crinkle Cut Fries<br/>Green Beans<br/>WG Kaiser Bun<br/>Seasonal Fruit<br/>Milk<br/>Ketchup</p>      | <p>15) Szechuan Style Chicken Breast<br/>Brown Rice<br/>Broccoli<br/>Wheat Bread<br/>Oatmeal Cookie<br/>Assorted Fruit Juice<br/>Milk<br/>Margarine</p>   | <p>16) WG Beef Spaghetti Cassarole<br/>Green Peas<br/>Tossed Salad<br/>WG Dinner Roll<br/>Seasonal Fruit<br/>Milk<br/>Margarine<br/>Italian Dressing</p>                                                        | <p>17) Potato Soup<br/>Chef Salad<br/>(Lettuce, Tomatoes, Carrots,<br/>Ham, Turkey, Egg, Cheddar Cheese)<br/>Rye Bread<br/>Mandarin Oranges<br/>Milk<br/>Margarine<br/>Ranch Dressing<br/>Saltine Crackers</p>                                                  | <p>18) BBQ Chicken Leg Quarter<br/>Pasta Salad<br/>Carrot Raisin Salad<br/>WG Dinner Roll<br/>Applesauce<br/>Milk<br/>Margarine</p>                                                  |
| <p>21) Potato Crusted Pollock<br/>Lemon Orzo<br/>Capri Vegetables<br/>Wheat Bread<br/>Pineapple Tidbits<br/>Milk<br/>Margarine<br/>Tartar Sauce</p> | <p>22) BBQ Glazed Pork Rib Patty<br/>Ranch Beans<br/>Cucumber Salad<br/>WG Hamburger Bun<br/>Seasonal Fruit<br/>Milk</p>                                  | <p>23) Corn Chowder<br/>Southwest Chicken Salad<br/>(Lettuce, Tomatoes, Black Beans,<br/>Diced Chicken, Cheddar Cheese)<br/>Flour Tortilla<br/>Mixed Fruit<br/>Milk<br/>Ranch Dressing<br/>Saltine Crackers</p> | <p>24) Salisbury Steak w/Brown Gravy<br/>Whipped Potatoes<br/>Brussel Sprouts<br/>Wheat Bread<br/>Fresh Baked Cookie<br/>Assorted Fruit Juice<br/>Milk<br/>Margarine</p>                                                                                        | <p>25) Stuffed Shells w/Alfredo Sauce<br/>Lima Beans<br/>Tossed Salad<br/>Wheat Bread<br/>Seasonal Fruit<br/>Milk<br/>Margarine<br/>Italian Dressing</p>                             |
| <p>28) Honey Peppercorn<br/>Chicken Breast<br/>Mashed Yams<br/>Lima Beans<br/>White Bread<br/>Seasonal Fruit<br/>Milk<br/>Margarine</p>             | <p>29) WG Macaroni and Cheese<br/>Baked Beans<br/>Collard Greens<br/>WG Cornbread Muffin<br/>Diced Pears<br/>Milk<br/>Margarine</p>                       | <p>30) Hamburger Patty<br/>Swiss Cheese<br/>Potato Salad<br/>Tossed Salad<br/>WG Kaiser Bun<br/>Seasonal Fruit<br/>Milk<br/>Ketchup<br/>Italian Dressing</p>                                                    |                                                                                                                                                                            |                                                                                                 |