

Norwalk Senior Center

October 2026

			1) Cream of Broccoli Soup Creamy Sun-Dried Tomato Chicken Thigh WG Penne Pasta Wheat Bread Diced Peaches Milk Margarine Saltine Crackers	2) Cobb Salad (Lettuce, Tomatoes, Cucumbers, Turkey Bacon, Egg, Cheddar Cheese) Pasta Salad WG Dinner Roll Chocolate Pudding Assorted Fruit Juice Milk Margarine Ranch Dressing
5) Chicken Tikka Masala Brown Rice Zucchini WG Dinner Roll Fudge Brownie Assorted Fruit Juice Milk Margarine	6) Meatloaf w/ Gravy Whipped Potatoes Mixed Vegetables WG Wheat Bread Fresh Seasonal Fruit Milk Margarine	7) Turkey Divan WG Elbow Pasta Tossed Salad White Bread Tropical Fruit Milk Margarine Italian Dressing	8) Octoberfest Special! Bratwurst Roasted Potatoes Red Cabbage & Apples WG Hot Dog Bun Double Chocolate Cook Assorted Fruit Juice Milk Mustard 	9) Tuscan White Bean WG Pasta Tomato Cucumber Salad Tuscany Vegetables Italian Bread Diced Peaches Milk Margarine
12) Cheese Ravioli w/Tomato Basil Sauce Green Peas Carrots WG Wheat Bread Applesauce Milk Margarine 	13) Thai Basil Beef/Turkey Brown Rice Broccoli White Bread Fresh Seasonal Fruit Milk Margarine	14) BBQ Pork Rib Patty Hawaiian Baked Beans Confetti Coleslaw WG Hamburger Bun Mandarin Oranges Milk	15) Mushroom Soup Chicken Shawarma Cilantro Lime Brown Rice WG Pita Bread Fresh Seasonal Fruit Milk Saltine Crackers	16) Potato Crusted Pollock Garlic Whipped Potatoes California Vegetables WG Wheat Bread Fresh Baked Cookie Assorted Fruit Juice Milk Margarine Lemon Packet
19) Cheese Omelet Roasted Potatoes Peppers and Onions WG Blueberry Muffin Fresh Seasonal Fruit Milk Margarine	20) Beef/Chicken Meatballs w/Tomato Basil Sauce WG Penne Mixed Vegetables Italian Bread Fresh Baked Cookie Assorted Fruit Juice Milk Margarine	21) BBQ Chicken Leg Quarter Cheesy Brown Rice Garden Vegetables White Bread Applesauce Milk Margarine	22) Mixed Vegetable Soup WG Macaroni and Cheese Baked Beans WG Wheat Bread Diced Peaches Milk Margarine Saltine Crackers	23) Beef Taco Meat Spanish Brown Rice Lettuce & Tomato Flour Tortilla Diced Pears Milk Sour Cream Shredded Cheese
26) Hamburger Patty Sliced Cheese Crinkle Cut Fries Green Beans WG Hamburger Bun Fresh Seasonal Fruit Milk Ketchup	27) Diced Chicken Alfredo Garlic Red Pepper WG Penne Tossed Salad White Bread Mixed Fruit Milk Ranch Dressing	28) Turkey A La King Whipped Yams California Vegetables WG Dinner Roll Chocolate Pudding Assorted Fruit Juice Milk Margarine	29) Halloween Special! Beef/Chicken Meatballs w/Marinara Sauce Spaghetti Noodles Garlic Green Beans Italian Bread Sugar Cookie Assorted Fruit Juice Milk Margarine 	30) General Tso's Chicken Vegetable Lo Mein Broccoli WG Wheat Bread Diced Peaches Milk Margarine