

Norwalk Senior Center

July 2026

		1) Chicken Thigh w/ Dijonnaise Sauce Garlic Whipped Potatoes Mixed Vegetables WG Dinner Roll Peaches Milk Margarine	2) Independence Day Special!  Hot Dog w/ Chili Baked Beans Coleslaw Hot Dog Bun Double Chocolate Chip Cookie Assorted Fruit Juice Milk Mustard	3) Independence Day! CLOSED 
6) Hamburger Patty American Cheese Crinkle Cut Fries Green Beans WG Kaiser Bun Seasonal Fruit Milk Ketchup	7) Szechuan Style Chicken Breast Brown Rice Broccoli Wheat Bread Oatmeal Cookie Assorted Fruit Juice Milk Margarine	8) WG Beef Spaghetti Cassarole Green Peas Tossed Salad WG Dinner Roll Seasonal Fruit Milk Margarine Italian Dressing	9) Potato Soup Chef Salad (Lettuce, Tomatoes, Carrots, Ham, Turkey, Egg, Cheddar Cheese) Rye Bread Mandarin Oranges Milk Margarine Ranch Dressing Saltine Crackers	10) BBQ Chicken Leg Quarter Pasta Salad Carrot Raisin Salad WG Dinner Roll Applesauce Milk Margarine
13) Potato Crusted Pollock Lemon Orzo Capri Vegetables Wheat Bread Pineapple Tidbits Milk Margarine Tartar Sauce	14) BBQ Glazed Pork Rib Patty Ranch Beans Cucumber Salad WG Hamburger Bun Seasonal Fruit Milk	15) Corn Chowder Southwest Chicken Salad (Lettuce, Tomatoes, Black Beans, Diced Chicken, Cheddar Cheese) Flour Tortilla Mixed Fruit Milk Ranch Dressing Saltine Crackers	16) Salisbury Steak w/Brown Gravy Whipped Potatoes Brussel Sprouts Wheat Bread Fresh Baked Cookie Assorted Fruit Juice Milk Margarine	17) Stuffed Shells w/Alfredo Sauce Lima Beans Tossed Salad Wheat Bread Seasonal Fruit Milk Margarine Italian Dressing
20) Honey Peppercorn Chicken Breast Mashed Yams Lima Beans White Bread Seasonal Fruit Milk Margarine	21) WG Macaroni and Cheese Baked Beans Collard Greens WG Cornbread Muffin Diced Pears Milk Margarine	22) Hamburger Patty Swiss Cheese Potato Salad Tossed Salad WG Kaiser Bun Seasonal Fruit Milk Ketchup Italian Dressing	23) Cream of Broccoli Soup Creamy Sun-Dried Tomato Chicken Thigh WG Penne Pasta Wheat Bread Diced Peaches Milk Margarine Saltine Crackers	24) Cobb Salad (Lettuce, Tomatoes,Cucumbers, Turkey Bacon, Egg, Chedar Cheese) Pasta Salad WG Dinner Roll Chocolate Pudding Assorted Fruit Juice Milk Margarine Ranch Dressing
27) Cheese Ravioli w/Tomato Basil Sauce Green Peas Cauliflower WG Dinner Roll Applesauce Milk Margarine	28) Beef Chili Corn Carrots WG Cornbread Muffin Mixed Fruit Milk Margarine	29) Enchilada Chicken Breast Black Beans & Brown Rice Fiesta Vegetables Flour Tortilla Tropical Fruit Milk Margarine	30) Chopped Salad (Mixed Greens, Tomatoes, Red Onion, Mozzarella Cheese, Ham) Kidney Bean Salad Wheat Bread Fresh Baked Cookie Assorted Fruit Juice Milk Italian Dressing	31) Vegetable Soup Chicken Parmesan WG Rotini Pasta Italian Bread Seasonal Fruit Milk Margarine Saltine Crackers