

Norwalk Senior Center

October 2025

		1) Hamburger Patty Swiss Cheese Oven Roasted Potatoes Cucumber Salad WG Hamburger Bun Seasonal Fruit Milk Ketchup	2) Chicken Parmesan Penne Pasta Tossed Salad WG Dinner Roll Applesauce Milk Margarine Italian Dressing	3) Mushroom Barley Soup Cobb Salad (Lettuce, Tomatoes, Cucumbers Turkey Bacon, Egg, Cheddar Cheese) Multigrain Bread Oatmeal Cookie Assorted Fruit Juice Milk Margarine Ranch Dressing Saltine Crackers
6) Honey Balsamic Chicken Breast Confetti Brown Rice Brussels Sprouts White Bread Fresh Baked Cookie Assorted Fruit Juice Milk Margarine	7) Swiss Steak with Gravy Whipped Potatoes Cauliflower Rye Bread Fresh Seasonal Fruit Milk Margarine	8) Low Salt Ham Sweet Potato Casserole Glazed Beets Multigrain Bread Tropical Fruit Milk Margarine	9) Octoberfest Special! Bratwurst Roasted Potatoes Red Cabbage and Apples Hot Dog Bun Double Chocolate Cookie Assorted Fruit Juice Milk Mustard	10) Florentine Soup Cheese Baked Ziti Green Peas Garlic Breadstick Applesauce Milk Margarine Saltine Crackers
13) Salisbury Beef w/ Vegetable Gravy Twice Whipped Potatoes Mixed Vegetables Multigrain Bread Mixed Fruit Milk Margarine	14) Cheese Ravioli w/Tomato Sauce Green Peas Tossed Salad Dinner Roll Fresh Seasonal Fruit Milk Margarine Ranch Dressing	15) Potato Soup BBQ Pork Rib Patty Coleslaw WG Hamburger Bun Pineapple Tidbits Milk Saltine Crackers	16) Cirus Mojo Chicken Breast Cilantro Lime Rice Coleslaw Mexican Corn Flour Tortilla Fresh Seasonal Fruit Milk	17) Potato Crusted Pollock Garlic Whipped Potatoes Carrots Whole Wheat Bread Fresh Baked Cookie Assorted Fruit Juice Milk Margarine Tartar Sauce
20) BBQ Chicken Leg Quarter Cheesy Rice Green Beans Cornbread Muffin Fresh Seasonal Fruit Milk Margarine	21) Cheese Omelet Potato Tots Peppers and Onions Blueberry Muffin Fresh Seasonal Fruit Milk Assorted Jelly Margarine Ketchup	22) California Vegetable Soup Beef/Chicken Meatballs w/Pesto Cream Sauce WG Penne White Bread Fudge Crème Cookie Assorted Fruit Juice Milk Margarine Saltine Crackers	23) Macaroni and Cheese Baked Beans Mixed Greens Dinner Roll Diced Peaches Milk Margarine	24) Beef Taco Meat Spanish Rice Lettuce/Tomato Flour Tortilla Pineapple Tidbits Milk Sour Cream Shredded Cheese
27) Hamburger Patty Sliced Cheese Crinkle Cut Fries Green Beans WG Hamburger Bun Fresh Seasonal Fruit Milk Ketchup	28) Diced Chicken Alfredo Garlic Red Pepper Penne Tossed Salad Multigrain Bread Mixed Fruit Milk Margarine Italian Dressing	29) Corn Chowder Bourbon Pork Ranch Beans Rye Bread Peaches Milk Margarine Saltine Crackers	30) Halloween Special! Beef/Chicken Meatballs w/Marinara Sauce Spaghetti Noodles Green Beans Italian Bread Sugar Cookie Assorted Fruit Juice Milk Margarine	31) Chicken Chili Cilantro Lime Brown Rice Mexican Corn Cornbread Muffin Applesauce Milk Margarine