

Norwalk Senior Center

November 2024

				<p>1) Chicken Chili Cilantro Lime Rice Corn Flour Tortilla Applesauce Milk</p>
<p>4) Potato Crusted Pollock Confetti Brown Rice Diced Carrots Rye Bread Seasonal Fruit Milk Margarine Tartar Sauce</p>	<p>5) Chicken Parmesan Penne Pasta Tossed Salad Wheat Dinner Roll Oatmeal Raisin Cookie Assorted Fruit Juice Milk Ranch Dressing</p>	<p>6) Navy Bean Soup Low Salt Ham Corn Whole Wheat Bread Diced Peaches Milk Margarine Saltine Crackers</p>	<p>7) Sweet and Sour Beef/Chicken Meatballs Whipped Potatoes Broccoli Florets Wheat Dinner Roll Fresh Seasonal Fruit Milk Margarine</p>	<p>8) Cheese Quiche Red Bliss Potatoes Spinach White Bread Pineapple Tidbits Milk Margarine</p>
<p>11) Cranberry Dijon Chicken Breast Brown Rice Brussel Sprouts Whole Wheat Bread Chocolate Chip Cookie Assorted Fruit Juice Milk Margarine</p>	<p>12) Cheese Baked Ziti Green Peas Tossed Salad Italian Bread Applesauce Milk Margarine Ranch Dressing</p>	<p>13) Beef Tips w/Gravy Whipped Potatoes Cabbage Rye Bread Fresh Seasonal Fruit Milk Margarine</p>	<p>14) Cream of Broccoli Soup Dijon Herb Pork Mashed Spiced Yams Wheat Dinner Roll Mandarin Oranges Milk Margarine Saltine Crackers</p>	<p>15) Three Bean Vegetable Chili Confetti Brown Rice Carrots Cornbread Muffin Fresh Seasonal Fruit Milk Margarine</p>
<p>18) Cheese Ravioli w/Alfredo Sauce Green Peas Carrots Italian Bread Fresh Seasonal Fruit Milk Margarine</p>	<p>19) Greek Chicken Salad (Mixed Greens, Tomatoes, Olives Feta Cheese, Chicken) Garbanzo Bean Salad Italian Bread Seasonal Fruit Milk Margarine Italian Dressing</p>	<p>20) BBQ Pork Rib Patty Pinto Beans Broccoli WG Hamburger Bun Pineapple Tidbits Milk Margarine</p>	<p>21) <b>Thanksgiving Special!</b> Roast Turkey w/Gravy Stuffing Green Beans Wheat Dinner Roll Pumpkin Spice Cake Assorted Fruit Juice Milk Margarine</p> 	<p>22) Potato Crusted Pollock Garlic Whipped Potatoes Mixed Greens Whole Wheat Bread Oatmeal Crème Cookie Assorted Fruit Juice Milk Margarine Tartar Sauce</p>
<p>25) Beef/ Chicken Meatballs with Marinara Sauce Bow Tie Pasta Broccoli White Bread Mandarin Oranges Milk Margarine</p>	<p>26) BBQ Chicken Leg Quarter Cheesy Whipped Potatoes Corn Whole Wheat Bread Fresh Seasonal Fruit Milk Margarine</p>	<p>27) Cream of Tomato Soup Turkey Brunswick Stew Brown Rice Wheat Dinner Roll Chocolate Chip Cookie Assorted Fruit Juice Milk Margarine Saltine Crackers</p>	<p>28) <b>CLOSED</b></p> 	<p>29) <b>CLOSED</b></p>