


Norwalk Senior Center

October 2024

	<p>1) Cheese Ravioli with Pesto Cream Sauce Tossed Salad Cauliflower Dinner Roll Applesauce Milk Margarine Ranch Dressing</p>	<p>2) BBQ Pork Scalloped Potatoes Mixed Greens Wheat Bread Fudge Brownie Assorted Fruit Juice Milk Margarine</p>	<p>3) Greek Chicken Salad (Mixed Greens, Tomatoes, Olives Feta Cheese, Chicken) Garbanzo Bean Salad Italian Bread Seasonal Fruit Milk Margarine Italian Dressing</p>	<p>4) Corn Chowder Meatloaf w/Gravy Whipped Potatoes Dinner Roll Diced Pears Milk Margarine Saltine Crackers</p>
<p>7) Cranberry Dijon Chicken Breast Brown Rice Brussel Sprouts Whole Wheat Bread Chocolate Chip Cookie Assorted Fruit Juice Milk Margarine</p>	<p>8) Cheese Baked Ziti Green Peas Tossed Salad Italian Bread Applesauce Milk Margarine Ranch Dressing</p>	<p>9) Beef Tips w/Gravy Whipped Potatoes Cabbage Rye Bread Fresh Seasonal Fruit Milk Margarine</p>	<p>10) Octoberfest special! Pork Bratwurst Whipped Redskin Potatoes Cabbage with Carrots Rye Bread Butterscotch Pudding Assorted Fruit Juice Milk Margarine</p>	<p>11) Three Bean Vegetable Chili Confetti Brown Rice Carrots Cornbread Muffin Fresh Seasonal Fruit Milk Margarine</p>
<p>14) Cheese Ravioli w/Alfredo Sauce Green Peas Carrots Italian Bread Fresh Seasonal Fruit Milk Margarine</p>	<p>15) Salisbury Beef w/Gravy Scalloped Potatoes Cabbage Wheat Dinner Roll Mandarin Oranges Milk Margarine</p>	<p>16) BBQ Pork Rib Patty Pinto Beans Broccoli WG Hamburger Bun Pineapple Tidbits Milk Margarine</p>	<p>17) Black Bean Soup Mexican Style Chicken Breast Cilantro Lime Rice Flour Tortilla Fresh Seasonal Fruit Milk Margarine Saltine Crackers</p>	<p>18) Potato Crusted Pollock Garlic Whipped Potatoes Mixed Greens Whole Wheat Bread Oatmeal Crème Cookie Assorted Fruit Juice Milk Margarine Tartar Sauce</p>
<p>21) Beef/ Chicken Meatballs with Marinara Sauce Bow Tie Pasta Broccoli White Bread Mandarin Oranges Milk Margarine</p>	<p>22) BBQ Chicken Leg Quarter Cheesy Whipped Potatoes Corn Whole Wheat Bread Fresh Seasonal Fruit Milk Margarine</p>	<p>23) Cream of Tomato Soup Turkey Brunswick Stew Brown Rice Wheat Dinner Roll Chocolate Chip Cookie Assorted Fruit Juice Milk Margarine Saltine Crackers</p>	<p>24) Macaroni and Cheese Pinto Beans Mixed Greens Wheat Dinner Roll Diced Peaches Milk Margarine</p>	<p>25) Beef Taco Meat Spanish Rice Fiesta Vegetables Flour Tortilla Pineapple Tidbits Milk Sour Cream</p>
<p>28) General Tso's Chicken Confetti Brown Rice Green Peas White Bread Mandarin Oranges Milk Margarine</p>	<p>29) Potato Soup Hamburger Patty American Cheese Green Beans WG Hamburger Bun Seasonal Fruit Milk Ketchup Saltine Crackers</p>	<p>30) Bourbon Pork Ranch Beans Cucumber Salad Rye Bread Oatmeal Raisin Cookie Assorted Fruit Juice Milk Margarine</p>	<p>31) Halloween Special! Beef / Chicken Meatballs w/Marinara Sauce Bowtie Noodles Spinach Garlic Breadstick Chocolate Chip Cookie Assorted Fruit Juice Milk Margarine</p>	