

Norwalk Senior Center

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) CLOSED! Labor Day	3) Sesame Beef Brown Rice Asian Vegetable Blend Dinner Roll Mandarin Oranges Milk Margarine	4) Cream of Broccoli Soup Spinach Quiche Oven Roasted Potatoes Wheat Bread Cinnamon Applesauce Milk Margarine Saltine Crackers	5) Taco Salad (Lettuce, Tomato, Ground Beef, Cheddar Cheese) Black Bean and Corn Salad Tortilla Chips Chocolate Chip Cookie Assorted Fruit Juice Milk Ranch Dressing	6) Diced Chicken w/Alfredo Sauce Penne Pasta Carrots Italian Bread Applesauce Milk Margarine
9) Hamburger Patty American Cheese Crinkle Cut Fries Carrots WG Hamburger Bun Seasonal Fruit Milk Ketchup	10) Smothered Chicken Thigh Brown Rice Broccoli Rye Bread Pound Cake Assorted Fruit Juice Milk Margarine	11) Beef Spaghetti Casserole Cauliflower Tossed Salad Italian Bread Seasonal Fruit Milk Margarine Italian Dressing	12) Split Pea Soup Chef Salad (Lettuce, Tomatoes, Carrots, Ham, Turkey, Egg, Cheddar Cheese) Dinner Roll Mandarin Oranges Milk Margarine Ranch Dressing Saltine Crackers	13) BBQ Chicken Leg Quarter Macaroni & Cheese Mixed Greens White Bread Cinnamon Applesauce Milk Margarine
16) Honey Baked Chicken Thigh Confetti Brown Rice Carrots Rye Bread Seasonal Fruit Milk Margarine	17) Potato Crusted Pollock Oven Roasted Potatoes Cucumber Salad White Bread Diced Peaches Milk Margarine Tartar Sauce	18) Salisbury Steak w/Vegetable Gravy Rice Pilaf Broccoli Dinner Roll Diced Pears Milk Margarine	19) Apricot Mustard Pork Whipped Potatoes Brussels Sprouts Wheat Bread Oatmeal Raisin Cookie Assorted Fruit Juice Milk Margarine	20) Mushroom Soup Chicken Scallopini Garlic Parmesan Orzo Italian Bread Seasonal Fruit Milk Margarine Saltine Crackers
23) Beef/Chicken Meatballs w/Marinara Sauce Penne Pasta Green Peas Italian Bread Seasonal Fruit Milk Margarine	24) Chicken Stir Fry Brown Rice Green Beans Rye Bread Applesauce Milk Margarine	25) Navy Bean Soup Beef Philly Cheese Steak Oven Roasted Potatoes WG Hot Dog Bun Seasonal Fruit Milk Margarine Saltine Crackers	26) Bourbon Chicken Thigh Cheese Whipped Potatoes Broccoli Dinner Roll Chocolate Chip Cookie Assorted Fruit Juice Milk Margarine	27) Sweet and Sour Hawaiian Pork Vegetable Lo Mein Asian Vegetable Blend Wheat Bread Mandarin Oranges Milk Margarine
30) Country Fried Steak w/Gravy Whipped Potatoes Broccoli White Bread Seasonal Fruit Milk Margarine	 SEPTEMBER			