

Norwalk Senior Center

MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Honey Ginger Chicken Cilantro Lime Rice Glazed Carrots Rye Bread Pineapple Low Fat Milk Margarine 	2) Pork w/Mushroom Gravy Ranch Whipped Potatoes Broccoli Multigrain Bread Chocolate Chip Cookie Assorted Fruit Juice Low Fat Milk Margarine	3) Eggplant Parmesan Penne Pasta Spinach Italian Bread Fresh Fruit Low Fat Milk Margarine	4) Tomato Basil Soup Salisbury Steak Mashed Potatoes Mixed Vegetables Wheat Dinner Roll Applesauce Low Fat Milk Margarine Crackers	5) Cinco De Mayo Special! Corn Chowder Taco Bake with Tortilla Chips Lettuce Tomato Sour Cream Taco Sauce Fiesta Corn Shredded Cheese Rice Pudding w/Raisins and Whipped Topping
8) Herbed Chicken Leg Quarter Confetti Rice California Vegetable Blend Wheat Dinner Roll Applesauce Low Fat Milk Margarine	9) Meatloaf w/Gravy Whipped Potatoes Green Beans Rye Bread Fresh Fruit Low Fat Milk Margarine	10) Potato Crusted Pollock White Rice Spinach Wheat Bread Sugar Cookie Assorted Fruit Juice Low Fat Milk Margarine Tartar Sauce	11) BBQ Pork Roast Yams Broccoli Cornbread Muffin Peaches Low Fat Milk Margarine	12) Mother's Day Special! Spinach, Broccoli, Mushroom Quiche Home Fries Carrots Assorted Fruit Juice Strawberry Shortcake Low Fat Milk Margarine 
15) Swiss Steak w/Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Peaches Low Fat Milk Margarine	16) Macaroni & Cheese Peas Cauliflower Italian Bread Applesauce Low Fat Milk Margarine	17) Hamburger Patty Steak Fries Carrots WG Hamburger Bun Apple Juice Chocolate Chip Cookie Low Fat Milk Ketchup	18) Minestrone Soup Chicken Parmesan Penne Pasta Garlic Breadstick Mixed Fruit Low Fat Milk Margarine Crackers	19) Sweet & Sour Pork Vegetable Lo Mein Broccoli Wheat Bread Fresh Fruit Low Fat Milk Margarine
22) Meatballs w/Sauce WG Spaghetti Green Beans Garlic Breadstick Fresh Fruit Low Fat Milk Margarine	23) BBQ Pork Rib Patty Corn O'Brien Collard Greens Hamburger Bun Pears Low Fat Milk Margarine	24) Chicken Caesar Salad (Diced Grilled Chicken) (Romaine Lettuce) (Parmesan Cheese) (Caesar Dressing) Three Bean Salad White Bread Fresh Fruit Low Fat Milk Margarine	25) Turkey a La King White Rice Zucchini Biscuit Pineapple Low Fat Milk Margarine	26) Memorial Day Special! Cheeseburger w/Sauteed Mushrooms & Peppers Baked Beans German Potato Salad Hamburger Bun Assorted Fruit Juice Blueberry Pie Low Fat Milk Ketchup 
29) Memorial Day! Closed 	30) Beef and Bean Chili Lima Beans Mixed Vegetables Cornbread Muffin Pears Low Fat Milk Margarine	31) Bourbon Pork Loin Garlic Whipped Potatoes Broccoli Wheat Dinner Roll Fresh Fruit Low Fat Milk Margarine		