

Norwalk Senior Center

June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Turkey Divan Bowtie Noodles Glazed Carrots Biscuit Fresh Fruit Low Fat Milk Margarine Crackers	2) Chicken Stir Fry Brown Rice Broccoli Multigrain Bread Mandarin Oranges Low Fat Milk Margarine	3) Macaroni & Cheese Green Beans Cauliflower Rye Bread Fresh Fruit Low Fat Milk Margarine
6) BBQ Pork Loin Baked Beans Corn Hamburger Bun Fresh Fruit Low Fat Milk	7) Hawaiian Chicken White Rice Peppers & Onions Multigrain Bread Apple Juice Lemon Cookie Low Fat Milk Margarine	8) Eggplant Rollatini Penne Pasta Spinach Garlic Breadstick Pears Low Fat Milk Margarine	9) Salisbury Steak Mashed Potatoes Mixed Vegetables Wheat Dinner Roll Fresh Fruit Low Fat Milk Margarine Crackers	10) Glazed Ham Sweet Potatoes Peas Rye Bread Applesauce Low Fat Milk Margarine
13) Herb Baked Chicken Rice Pilaf California Vegetables Wheat Dinner Roll Applesauce Low Fat Milk Margarine	14) Meatloaf w/gravy Mashed Potatoes Green Beans Rye Bread Fresh Fruit Low Fat Milk Margarine	15) Potato Crusted Fish Confetti Rice Spinach Breadstick Orange Tangerine Juice Vanilla Pudding Low Fat Milk Margarine Tartar Sauce	16) Pork Roast w/Gravy Sweet Potatoes Peas Wheat Bread Peaches Low Fat Milk Margarine Crackers	17) Father's Day Special! Sausage w/Onions and Peppers Grinder Roll Baked Potato Roasted Vegetables Holiday Cake Low Fat Milk 
20) Turkey w/gravy Stuffing Mixed Vegetables Dinner Roll Cinnamon Apple Slices Low Fat Milk Margarine Cranberry Sauce	21) Cheese Omelet Roasted Potatoes Stewed Tomatoes Blueberry Muffin Mandarin Oranges Low Fat Milk Margarine Crackers	22) Chicken Parmesan Penne Pasta Italian Green Beans Garlic Bread Fresh Fruit Low Fat Milk Margarine Parmesan Cheese	23) Hamburger Patty Steak Fries Carrots Hamburger Bun Apple Juice Chocolate Chip Cookie Low Fat Milk Ketchup	24) Mexican Chicken Confetti Brown Rice Sauteed Peppers Wheat Bread Pineapple Low Fat Milk Margarine
27) Grilled Chicken Romaine Lettuce Three Bean Salad Marble Rye Bread Pears Low Fat Milk Margarine Caesar Salad Dressing	28) Sweet & Sour Pork Lo Mein Noodles Oriental Vegetables Multigrain Bread Fruit Cocktail Low Fat Milk Margarine	29) Meatballs w/sauce Spaghetti Spinach Herbed Breadstick Fresh Fruit Low Fat Milk Margarine	30) Chicken a La King White Rice Zucchini Biscuit Fresh Fruit Low Fat Milk Margarine	