



**Norwalk Senior Center**

**September 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Grilled Chicken Romaine Lettuce Bean Salad Herbed Breadstick Seasonal Fruit Milk Margarine Croutons Caesar Dressing	2) Hot Dog German Potato Salad Summer Vegetables Sugar Cookie Mixed Fruit Juice Milk Ketchup/Mustard/Relish
<p align="center"><b>CLOSED!</b> <b>Labor Day</b></p>	6) Beef w/Mashroom Gravy Bow Tie Pasta Green Beans Wheat Bread Pears Milk Margarine	7) Spinach Quiche Tater Tots Wheat Bread Applesauce Milk Margarine	8) Green Chicken Breast Seasoned Orzo Spinach Salad Italian Bread Pound Cake Orange Tangerine Juice Milk Margarine Raspberry Vinaigrette	9) Beef Taco Meat Shredded Cheese Romaine Lettuce Black Bean & Corn salad Tortilla Chips Pineapple Tidbits Milk Salsa
12) Herbed Chicken Whipped Potatoes Mixed Vegetables Wheat Dinner Roll Brownie Apple Juice Milk Margarine	13) Hamburger Patty Sliced Cheese French Fries Broccoli Hamburger Bun Seasonal Fruit Milk Ketchup	14) Chef Salad Three Bean Salad Marble Rye Bread Pears Milk Ranch Dressing Margarine	15) Cheese Baked Ziti Tossed Salad Garlic Bread Seasonal Fruit Milk Margarine Italian Dressing	16) BBQ Chicken Baked Beans Cauliflower Hamburger Bun Mandarin Oranges Milk
19) Chicken Paprika Confetti Rice Scandinavian Vegetables Wheat Dinner Roll Applesauce Milk Margarine	20) Potato Crusted Fish Roasted Sweet Potatoes Broccoli Rye Bread Peaches Milk Margarine Tartar Sauce	21) Pork Loin Mushroom Gravy Whipped Potatoes Mixed Vegetables Biscuit Chocolate Chip Cookie Orange Tangerine Juice Milk Margarine	22) Chicken Parmesan Buttered Penne Tossed Salad Italian Bread Seasonal Fruit Milk Margarine Ranch Dressing	23) Salisbury Beef Whipped Potatoes Carrots Wheat Dinner Roll Diced Pears Milk Margarine
26) Meatballs w/Marinara Spaghetti Caesar Salad Garlic Breadstick Seasonal Fruit Milk	27) Sliced Turkey Breast Turkey Gravy Roasted Sweet Potatoes Mixed Vegetables Biscuit Mandarin Oranges	28) Chili w/Beans Brown Rice Carrots Cornbread Mixed Fruit Milk	29) Tuna Salad Lettuce & Cucumbers Broccoli Salad Italian Bread Applesauce Milk	30) Sweet & Sour Pork Yellow Rice Asian Vegetables Wheat Bread Fruited Gelatin Mixed Fruit Juice