

**Norwalk Senior Center**

**NOVEMBER 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Chicken Tenders Beaked Beans Green Beans Marble Rye Bread Mandarin Oranges Milk Margarine Ketchup	2) BBQ Pork Riblet Oven Roasted Potatoes Mixed Vegetables Hamburger Bun Peaches Milk	3) Cream of Broccoli Soup Honey Garlic Chicken Corn Wheat Bread Fresh Fruit Milk Margarine Saltine Crackers	4) Meat Lasagna Broccoli Cauliflower Breadstick Chocolate Chip Cookie Assorted Fruit Juice Milk Margarine
	7) Meatloaf w/Gravy Mashed Potatoes Green Peas Wheat Dinner Roll Peaches Milk Margarine	8) Beef & Bean Chili Rice Pilaf Zucchini Cornbread Fresh Fruit Milk Margarine	9) Cranberry Dijon Chicken Bowtie Noodles California Vegetable Blend Multigrain Bread Mandarin Oranges Milk Margarine	10) Chicken Vegetable Soup Ravioli w/Sauce Green Beans Breadstick Applesauce Milk Margarine Saltine Crackers
14) Sweet & Sour Pork Vegetable Lo Mein Asian Vegetable Blend White Bread Pound Cake Assorted Fruit Juice Milk Margarine	15) Salisbury Steak w/Gravy Confetti Rice Cauliflower Wheat Dinner Roll Applesauce Milk Margarine	16) Fish Nuggets Macaroni & Cheese Mixed Vegetables Wheat Bread Diced Pears Milk Margarine Tartar Sauce	17) Herbed Chicken Vegetable Barley Soup Butternut Squash Multigrain Bread Fresh Fruit Milk Margarine Saltine Crackers	18) Cheese Baked Ziti Carrots Green Beans Italian Bread Mixed Fruit Milk Margarine
21) Meatballs w/Marinara Spaghetti Noodles Zucchini Wheat Dinner Roll Fresh Fruit Milk Margarine	22) Lemon Dill Chicken Orzo Pilaf Green Peas White Bread Pineapple Milk Margarine	23) <b>Thanksgiving Special!</b> Roast Turkey w/Gravy Stuffing Green Beans Corn Bread Pumpkin Pie Assorted Fruit Juice Milk Margarine	24) Thanksgiving Day!  CLOSED	25) CLOSED
28) Apple Glazed Chicken Baked Sweet Potato Winter Vegetable Blend Wheat Bread Mandarin Oranges Milk Margarine	29) Cheese Omelet Home Fries Broccoli Wheat Bread Fresh Fruit Milk Margarine	30) Hamburger American Cheese Steak Fries Green Beans Hamburger Bun Fresh Fruit Milk Margarine		