

Norwalk Senior Center

August 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1)	Chicken Quarter Confetti Rice Spinach Wheat Dinner Roll Mixed Fruit Milk Margarine	2)	Beef w/Mashroom Gravy Bow Tie Pasta Green Beans Wheat Bread Pears Milk Margarine	3)	Spinach Quiche Tater Tots Wheat Bread Applesauce Milk Margarine	4)	Green Chicken Breast Seasoned Orzo Spinach Salad Italian Bread Pound Cake Orange Tangerine Juice Milk Margarine Raspberry Vinaigrette	5)	Beef Taco Meat Shredded Cheese Romaine Lettuce Black Bean & Corn salad Tortilla Chips Pineapple Tidbits Milk Salsa
8)	Herbed Chicken Whipped Potatoes Mixed Vegetables Wheat Dinner Roll Brownie Apple Juice Milk Margarine	9)	Hamburger Patty Sliced Cheese French Fries Broccoli Hamburger Bun Seasonal Fruit Milk Ketchup	10)	Chef Salad Three Bean Salad Marble Rye Bread Pears Milk Ranch Dressing Margarine	11)	Cheese Baked Ziti Tossed Salad Garlic Bread Seasonal Fruit Milk Margarine Italian Dressing	12)	BBQ Chicken Baked Beans Cauliflower Hamburger Bun Mandarin Oranges Milk
15)	Chicken Paprika Confetti Rice Scandinavian Vegetables Wheat Dinner Roll Applesauce Milk Margarine	16)	Potato Crusted Fish Roasted Sweet Potatoes Broccoli Rye Bread Peaches Milk Margarine Tartar Sauce	17)	Pork Loin Mushroom Gravy Whipped Potatoes Mixed Vegetables Biscuit Chocolate Chip Cookie Orange Tangerine Juice Milk Margarine	18)	Chicken Parmesan Buttered Penne Tossed Salad Italian Bread Seasonal Fruit Milk Margarine Ranch Dressing	19)	Salisbury Beef Whipped Potatoes Carrots Wheat Dinner Roll Diced Pears Milk Margarine
22)	Meatballs w/Marinara Spaghetti Caesar Salad Garlic Breadstick Seasonal Fruit Milk Margarine Caesar Dressing	23)	Sliced Turkey Breast Turkey Gravy Roasted Sweet Potatoes Mixed Vegetables Biscuit Mandarin Oranges Milk Margarine	24)	Chili w/Beans Brown Rice Carrots Cornbread Mixed Fruit Milk Margarine	25)	Tuna Salad Lettuce & Cucumbers Broccoli Salad Italian Bread Applesauce Milk Margarine	26)	Sweet & Sour Pork Yellow Rice Asian Vegetables Wheat Bread Fruited Gelatin Mixed Fruit Juice Milk Margarine
29)	Hamburger Patty Sliced Cheese Baked Beans Carrots Hamburger Bun Seasonal Fruit Milk	30)	Cheese Ravioli Marinara Sauce Tossed Salad Garlic Bread Applesauce Milk Margarine	31)	Fish Sticks Rice Pilaf Broccoli Wheat Bread Chocolate Pudding Apple Juice Milk				