

Norwalk Senior Center

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) NSC Closed	3) Florentine Chicken Bow Tie Pasta Green Beans Garlic Breadstick Mandarin Oranges Milk Margarine	4) Pork roast w/gravy Yams Collard Greens Dinner roll Fresh Fruit Milk Margarine	5) Mushroom barley soup Lasagna Roll Mixed Vegetables Italian Bread Applesauce Milk Margarine Saltine Crackers	6) Cheese Quiche Tater Tots Spinach Wheat Bread Sugar Cookie Assorted Fruit Juice Milk Margarine
9) Sweet & Sour Pork Confetti Rice Green beans Wheat Bread Pineapple Milk Margarine	10) Meatloaf w/gravy Mashed Potatoes Cauliflower Wheat roll Applesauce Milk Margarine	11) Chicken Parmesean Penne Noodles Spinach Garlic Breadstick Vanilla Pudding Assorted Fruit juice Milk Margarine	12) Pollock nuggets Rice Parslied Carrots Rye bread Fresh fruit Milk Margarine Tartar sauce	13) Vegetarian Chili Green Peas Mixed vegetables Cornbread Pears Milk Margarine
16) Martin Luther King Day NSC Closed	17) Roast turkey w/Gravy Mashed potatoes Green beans Dinner Roll Applesauce Milk Margarine	18) Chicken piccata Seasoned Orzo Carrots Rye bread Sugar cookie Assorted fruit juice Milk Margarine	19) BBQ Pork Oven Roasted potatoes Mixed greens Wheat bread Fresh Fruit Milk Margarine	20) Pinto Beans Spanish Rice Broccoli Florets White Bread Mandarin Oranges Milk Margarine
23) Herbed Chicken Quarters Baked Sweet Potatoes California Vegetable Blend Dinner Roll Pineapple Milk Margarine	24) Baked Ziti Broccoli Carrots Italian Bread Peaches Milk Margarine	25) Hamburger Baked beans Cauliflower Hamburger Bun Vanilla Pudding Assorted Fruit Juice Milk	26) Chicken Stir Fry Rice Green Beans White Bread Fresh Fruit Milk Margarine	27) Spinach Quiche Paprika Potatoes Stewed Tomatoes Rye Bread Mandarin Oranges Milk Margarine
30) Glazed Ham Whipped yams California Vegetable Blend Wheat Bread Applesauce Milk Margarine	31) Teriyaki Chicken Brown Rice Green beans Rye Bread Pears Milk Margarine			