



Norwalk Senior Center

JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Low sodium Hot Dog w/Chili Wheat Hot Dog Bun Steak Fries Succotash Vanilla Pudding Fruit Juice Low Fat Milk Mustard	4) Hamburger Patty American Cheese Steak Fries WG Hamburger Bun Broccoli Fruit Low Fat Milk Ketchup 	5) Cheese Baked Ziti Mixed Green Salad Green Beans Italian Bread Applesauce Low Fat Milk Margarine Italian Dressing	6) Orzo Vegetable Soup Chef Salad (Ham, Turkey, Egg, Cheese) Kidney Bean Salad Multigrain Bread Diced Pears Low Fat Milk Ranch Dressing Margarine Saltine Crackers	7) Cheese Omelet Tater Tots Stewed Tomatoes Whole Wheat Bread Fruit Low Fat Milk Margarine 
10) Chicken Paprika Confetti Brown Rice Whole Kernel Corn Rye Bread Seasonal Fruit Low Fat Milk Margarine	11) Potato Crusted Pollock Roasted Sweet Potatoes Green Peas White Bread Diced Peaches Low Fat Milk Margarine Tartar Sauce	12) Pork Roast Dijon Herb Sauce Whipped Potatoes Mixed Vegetables Biscuit Chocolate Chip Cookie Assorted Fruit Juice Low Fat Milk Margarine	13) Minestrone Soup Eggplant Parmesan Penne Pasta Italian Bread Seasonal Fruit Low Fat Milk Margarine Saltine Crackers	14) Bastille Day Special! Chicken Cordon Bleu Rice Pilaf Green Beans Italian Bread Chocolate Pudding with Whipped Topping Fruit Juice Low Fat Milk Margarine
17) Beef/Pork Meatballs w/ Marinara Sauce WG Penne Green Peas Italian Bread Seasonal Fruit Low Fat Milk Margarine	18) Turkey Breast Poultry Gravy Whipped Potatoes Mixed Vegetables Multigrain Bread Mandarin Oranges Low Fat Milk Margarine	19) Beef Chili w/Beans Brown Rice Carrots Cornbread Muffin Pineapple Tidbits Low Fat Milk Margarine	20) Orzo Vegetable Soup Tuna Salad Lettuce & Cucumbers Dinner Roll Diced Peaches Low Fat Milk Margarine Saltine Crackers	21) Sweet & Sour Pork Brown Rice Oriental Vegetable Blend Whole Wheat Bread Fruited Gelatin Assorted Fruit Juice Low Fat Milk Margarine
24) Hamburger Patty American Cheese Baked Beans Carrots WG Hamburger Bun Mandarin Oranges Low Fat Milk Ketchup	25) Cheese Ravioli w/ Marinara Sauce Italian Vegetable Blend Mixed Greens Italian Bread Seasonal Fruit Low Fat Milk Margarine	26) Honey Mustard Pork Loin Rice Pilaf Broccoli Whole Wheat Bread Chocolate Pudding Assorted Fruit Juice Low Fat Milk Margarine	27) Florentine Soup Chicken Caesar Salad (Chicken, Cheese) Chick Pea Salad Marble Rye Bread Seasonal Fruit Low Fat Milk Margarine Saltine Crackers	28) Meatloaf w/Gravy Whipped Potatoes Cabbage Dinner Roll Diced Pears Low Fat Milk Margarine
31) Herbed Chicken Quarter Cheesy Mashed Potatoes Garlic Spinach Whole Wheat Bread Mixed Fruit Low Fat Milk Margarine	