

Norwalk Senior Center

FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Macaroni & Cheese Mixed Greens Stewed Tomatoes Dinner Roll Pound Cake Assorted Fruit Juice Milk Margarine	2) Turkey w/Gravy Butternut Squash Wheat Bread Fresh Fruit Milk Margarine	3) Ravioli w/Sauce Cauliflower Broccoli Italian Bread Pineapple Milk Margarine
6) Meatballs w/Brown Gravy Whipped Potatoes Carrots Rye Bread Peaches Milk Margarine	7) Florentine Chicken Bow Tie Pasta Green Beans Garlic Breadstick Mandarin Oranges Milk Margarine	8) Pork Roast w/Gravy Yams Collard Greens Dinner Roll Fresh Fruit Milk Margarine	9) Lasagna Roll Mixed Vegetables Italian Bread Applesauce Milk Margarine	10) Cheese Quiche Tater Tots Spinach Wheat Bread Sugar Cookie Assorted Fruit Juice Milk
13) Sweet & Sour Pork Confetti Rice Green Beans Wheat Bread Pineapple Milk Margarine	14) Valentine's Day Special! Chicken Kiev Mashed Potatoes Green Beans Dinner Roll Red Velvet Cake Pears Milk Margarine 	15) Chicken Parmesan Penne Noodles Spinach Garlic Breadstick Vanilla Pudding Assorted Fruit Juice Milk Margarine	16) Pollock Nuggets Parslied Carrots Rye Bread Fresh Fruit Milk Margarine Tartar Sauce	17) Vegetarian Chili Green Peas Mixed Vegetables Cornbread Pears Milk Margarine
20) CLOSED 	21) Turkey w/Gravy Mashed Potatoes Green Beans Dinner Roll Applesauce Milk Margarine	22) Potato Fish Seasoned Orzo Carrots Rye Bread Sugar Cookie Assorted Fruit Juice Milk Margarine	23) BBQ Pork Mixed Greens Wheat Bread Fresh Fruit Milk Margarine	24) Traveling Chef Turkey Mashed Potatoes California Blend Vegetables Layered Sheet Cake Dinner Roll Juice Milk
27) Herbed Chicken Quarter Baked Sweet Potatoes California Vegetable Blend Dinner Roll Pineapple Milk Margarine	28) Cheese Baked Ziti Broccoli Carrots Italian Bread Peaches Milk Margarine			