

Norwalk Senior Center

MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
		1) Hamburger Baked Beans Cauliflower Hamburger Bun Vanilla Pudding Assorted Fruit Juice Milk	2) Chicken Stir Fry Green Beans White Bread Fresh Fruit Milk Margarine	3) Spinach Quiche Paprika Potatoes Stewed Tomatoes Rye Bread Mandarin Oranges Milk Margarine
6) Glazed Ham Whipped Yams California Vegetable Blend Wheat Bread Applesauce Milk Margarine	7) Teriyaki Chicken Brown Rice Green Beans Rye Bread Pears Milk Margarine	8) Macaroni & Cheese Mixed Greens Stewed Tomatoes Dinner Roll Pound Cake Assorted Fruit Juice Milk Margarine 	9) Turkey w/Gravy Butternut Squash Wheat Bread Fresh Fruit Milk Margarine	10) Ravioli w/Sauce Cauliflower Broccoli Italian Bread Pineapple Milk Margarine
13) Meatballs w/Brown Gravy Whipped Potatoes Carrots Rye Bread Peaches Milk Margarine	14) Florentine Chicken Bow Tie Pasta Green Beans Garlic Breadstick Mandarin Oranges Milk Margarine	15) Pork Roast w/Gravy Yams Collard Greens Dinner Roll Fresh Fruit Milk Margarine	16) Lasagna Roll Mixed Vegetables Italian Bread Applesauce Milk Margarine	17) St Patrick's Day Special! Corned Beef and Cabbage Boiled Potatoes Carrots Rye Bread Bread Pudding Applesauce Milk Margarine 
20) Sweet & Sour Pork Confetti Rice Green Beans Wheat Bread Pineapple Milk Margarine 	21) Meatloaf w/Gravy Mashed Potatoes Cauliflower Wheat Roll Applesauce Milk Margarine	22) Chicken Parmesan Penne Noodles Spinach Garlic Breadstick Vanilla Pudding Assorted Fruit Juice Milk Margarine	23) Pollock Nuggets Parslied Carrots Rye Bread Fresh Fruit Milk Margarine Tartar Sauce	24) Vegetarian Chili Green Peas Mixed Vegetables Cornbread Pears Milk Margarine
27) Meatballs w/Marinara Spaghetti Green Peas Italian Bread Diced Peaches Milk Margarine	28) Turkey w/Gravy Mashed Potatoes Green Beans Dinner Roll Applesauce Milk Margarine	29) Chicken Piccata Seasoned Orzo Carrots Rye Bread Sugar Cookie Assorted Fruit Juice Milk Margarine	30) BBQ Pork Mixed Greens Wheat Bread Fresh Fruit Milk Margarine	31) Stuffed Shells Cauliflower Broccoli Florets White Bread Mandarin Oranges Milk Margarine