

**Norwalk Senior Center**

**May 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) BBQ Pork Loin Baked Beans Corn Hamburger Bun Fresh Fruit Low Fat Milk	3) Hawaiian Chicken White Rice Peppers & Onions Multigrain Bread Apple Juice Lemon Cookie Low Fat Milk Margarine	4) Eggplant Parmesan Penne Pasta Spinach Garlic Breadstick Pears Low Fat Milk Margarine	5) Salisbury Steak Mashed Potatoes Mixed Vegetables Wheat Dinner Roll Fresh Fruit Low Fat Milk Margarine Crackers	6) <b>Mother's Day Special!</b> Spinach, Broccoli, Mushroom Quiche Home Fries Carrots Orange Juice Cinnamon Coffee Cake Low Fat Milk Margarine 
9) Herb Baked Chicken Rice Pilaf California Vegetables Wheat Dinner Roll Applesauce Low Fat Milk Margarine	10) Meatloaf w/gravy Mashed Potatoes Green Beans Rye Bread Fresh Fruit Low Fat Milk Margarine	11) Potato Crusted Fish Confetti Rice Spinach Breadstick Orange Tangerine Juice Vanilla Pudding Low Fat Milk Margarine Tartar Sauce	12) Pork Roast w/Gravy Sweet Potatoes Peas Wheat Bread Peaches Low Fat Milk Margarine Crackers	13) Cheese Manicotti with Sauce Broccoli Zucchini Italian Bread Fresh Fruit Low Fat Milk Margarine Parmesan Cheese
16) Turkey w/gravy Stuffing Mixed Vegetables Dinner Roll Cinnamon Apple Slices Low Fat Milk Margarine Cranberry Sauce	17) Cheese Omelet Roasted Potatoes Stewed Tomatoes Blueberry Muffin Mandarin Oranges Low Fat Milk Margarine Crackers	18) Chicken Parmesan Penne Pasta Italian Green Beans Garlic Bread Fresh Fruit Low Fat Milk Margarine Parmesan Cheese	19) Hamburger Patty Steak Fries Carrots Hamburger Bun Apple Juice Chocolate Chip Cookie Low Fat Milk Ketchup	20) Mexican Chicken Confetti Brown Rice Sauteed Peppers Wheat Bread Pineapple Low Fat Milk Margarine
23) Grilled Chicken Romaine Lettuce Three Bean Salad Marble Rye Bread Pears Low Fat Milk Margarine Caesar Salad Dressing	24) Sweet & Sour Pork Lo Mein Noodles Oriental Vegetables Multigrain Bread Fruit Cocktail Low Fat Milk Margarine	25) Meatballs w/sauce Spaghetti Spinach Herbed Breadstick Fresh Fruit Low Fat Milk Margarine	26) Chicken a La King White Rice Zucchini Biscuit Fresh Fruit Low Fat Milk Margarine	27) <b>Memorial Day Special!</b> Cheeseburger w/Sauteed Mushrooms & Peppers Baked Beans German Potato Salad Hamburger Bun Apple Juice Blueberry Pie Low Fat Milk Ketchup
30) <b>Memorial Day!</b>  Closed 	31) Beef and Bean Chili Baked Potato Green Beans Corn Bread Tropical Fruit Low Fat Milk Margarine			