

Norwalk Senior Center

July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Broccoli Quiche Roasted Sweet Potatoes Beets Wheat Dinner Roll Orange Tangerine Juice Pound Cake Low Fat Milk Margarine
4) CLOSED Happy 4th of July! 	5) Hamburger Patty Sliced Cheese French Fries Broccoli Hamburger Bun Seasonal Fruit Milk Ketchup	6) Chef Salad Three Bean Salad Marble Rye Bread Pears Milk Ranch Dressing Margarine Saltine Crackers	7) Cheese Baked Ziti Tossed Salad Garlic Bread Seasonal Fruit Milk Margarine Italian Dressing	8) BBQ Chicken Baked Beans Cauliflower Hamburger Bun Mandarin Oranges Milk
11) Chicken Paprika Confetti Rice Scandinavian Vegetables Wheat Dinner Roll Applesauce Milk Margarine	12) Potato Crusted Fish Roasted Sweet Potatoes Broccoli Rye Bread Peaches Milk Margarine Tartar Sauce	13) Pork Loin Mushroom Gravy Whipped Potatoes Mixed Vegetables Biscuit Chocolate Chip Cookie Orange Tangerine Juice Milk Margarine	14) Chicken Parmesan Buttered Penne Tossed Salad Italian Bread Seasonal Fruit Milk Margarine Ranch Dressing	15) Salisbury Beef Carrots Wheat Dinner Roll Diced Pears Milk Margarine
18) Meatballs w/Marinara Spaghetti Caesar Salad Garlic Breadstick Seasonal Fruit Milk Margarine Caesar Dressing	19) Sliced Turkey Breast Turkey Gravy Roasted Sweet Potatoes Mixed Vegetables Biscuit Mandarin Oranges Milk Margarine	20) Chili w/Beans Brown Rice Carrots Cornbread Mixed Fruit Milk Margarine	21) Tuna Salad Lettuce & Cucumbers Broccoli Salad Italian Bread Applesauce Milk Margarine Saltine Crackers	22) Sweet & Sour Pork Yellow Rice Asian Vegetables Wheat Bread Fruited Gelatin Mixed Fruit Juice Milk Margarine
25) Hamburger Patty Sliced Cheese Baked Beans Carrots Hamburger Bun Seasonal Fruit Milk Ketchup	26) Cheese Ravioli Marinara Sauce Tossed Salad Garlic Bread Applesauce Milk Margarine Ranch Dressing	27) Fish Sticks Rice Pilaf Broccoli Wheat Bread Chocolate Pudding Apple Juice Milk Margarine	28) Grilled Chicken Romaine Lettuce Bean Salad Herbed Breadstick Seasonal Fruit Milk Margarine Croutons Caesar Dressing	29) Meatloaf Whipped Potatoes Wheat Dinner Roll Mandarin Oranges Milk Margarine Saltine Crackers