

Norwalk Senior Center

OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Meatloaf w/Gravy Mashed Potatoes Green Peas Wheat Dinner Roll Peaches Milk Margarine	4) Beef & Bean Chili Rice Pilaf Zucchini Cornbread Fresh Fruit Milk Margarine	5) Octoberfest special! Bratwurst Perogies Red Cabbage & Apples Dinner Roll Black Forest Cake Assorted Fruit Juice Milk Margarine	6) Ravioli w/Sauce Green Beans Breadstick Applesauce Milk Margarine	7) Pork Roast w/Gravy Mashed Yams Broccoli Rye Bread Chocolate Pudding Assorted Fruit Juice Milk Margarine
10) Sweet & Sour Pork Vegetable Lo Mein Asian Vegetable Blend White Bread Pound Cake Assorted Fruit Juice Milk Margarine	11) Salisbury Steak w/Gravy Confetti Rice Cauliflower Wheat Dinner Roll Applesauce Milk Margarine	12) Fish Nuggets Macaroni & Cheese Mixed Vegetables Wheat Bread Diced Pears Milk Margarine Tartar Sauce	13) Herbed Chicken Vegetable Barley Soup Butternut Squash Multigrain Bread Fresh Fruit Milk Margarine Saltine Crackers	14) Cheese Baked Ziti Carrots Green Beans Italian Bread Mixed Fruit Milk Margarine
17) Meatballs w/Marinara Spaghetti Noodles Zucchini Wheat Dinner Roll Fresh Fruit Milk Margarine	18) Lemon Dill Chicken Orzo Pilaf Green Peas White Bread Pineapple Milk Margarine	19) Turkey Breast w/Gravy Whipped Sweet Potato Roasted Beets Biscuit Applesauce Milk Margarine	20) Apricot Mustard Pork Cream of Mushroom Soup Corn Rye Bread Fresh Fruit Milk Margarine Saltine Crackers	21) Spinach Quiche Roasted Potatoes Mixed Vegetables Wheat Bread Vanilla Pudding Assorted Fruit Juice Milk Margarine
24) Apple Glazed Chicken Baked Sweet Potato Winter Vegetable Blend Wheat Bread Mandarin Oranges Milk Margarine	25) Cheese Omelet Home Fries Broccoli Wheat Bread Fresh Fruit Milk Margarine	26) Hamburger American Cheese Steak Fries Green Beans Hamburger Bun Fresh Fruit Milk Margarine Ketchup	27) Pork w/Mushroom Gravy Garlic Mashed Potatoes Glazed Carrots Rye Bread Applesauce Milk Margarine	28) Beef Taco Meat Brown Rice Fiesta Vegetable Blend Tortilla Pineapples Milk
31) Halloween Special! Meatballs Spaghetti Green Beans Garlic Breadstick Candy Corn Brownies Assorted Fruit Juice Milk				