

Norwalk Senior Center
 14040 San Antonio Drive
 Norwalk, CA 90650
 (562) 929-5580
 Nutrition Program
 (562) 929-5580 Ext. 5645

Oldtimers Foundation

November 2016

Norwalk Social Services
 11929 Alondra Blvd.
 Norwalk CA 90270
 (562) 929-5544
 Nutrition Program
 (562) 929-5504

Mon	Tue	Wed	Thu	Fri
<p>Menu is subject to change without prior notice El menú esta sujeto a cambio sin previo aviso</p>	<p>1. Chicken a la King Penne Pasta, Whole Grain Dinner Roll, Yellow Squash, Orange & Milk</p>	<p>2. Meatloaf w/Gravy Green Salad, Stewed Cabbage, Whole Grain Bread, Chocolate Pudding, Mixed Berry Juice & Milk</p>	<p>3. Creole Tilapia Green Peas, Roasted Red Rose Potatoes, Whole Grain Bread, Fresh Pear & Milk</p>	<p>4. Garlic Thyme Pork Chop Brown & Wild Rice, Dilled Spinach, Tangy Cucumber Salad, Cantaloupe & Milk</p>
<p>7. BBQ Chicken Green Beans, Mashed Potatoes, Whole Grain Bread, Sliced Apricots & Milk</p>	<p>8. Green Chili Stew Spinach Salad, Buttered Carrots, Cornbread, Banana & Milk</p>	<p>9. Chicken Tahitian Seasoned Cauliflower, Sweet Potatoes, Whole Grain Bread, Fresh Peach & Milk</p>	<p>10. Beef French Dip Macaroni Salad, Savory Broccoli, Basil Beets, WG French Roll, Apple & Milk</p>	<p>11. CLOSED</p> 
<p>14. Elbow Macaroni & Meatballs Seasoned Cauliflower, Peas & Carrots, Whole Grain Bread, Fresh Pear & Milk</p>	<p>15. Oven Fried Chicken & Mango Brown Rice, Fiesta Green Beans, Zucchini, Tapioca Pudding & Milk</p>	<p>16. Tuna Salad Barley Lentil Soup, Tossed Green Salad, Sweet Broccoli Salad, Whole Grain Bread, Cantaloupe & Milk</p>	<p>17. Chicken Cacciatore Brussels Sprouts, Caesar Salad, Whole Grain Bread, Sliced Peaches & Milk</p>	<p>18. Roast Beef w/Mushroom Gravy Collard Greens, Mashed Potatoes, Cornbread, Banana & Milk</p>
<p>21. Lemon Baked Fish Steamed Cabbage, Green Salad, Whole Grain Bread, Pineapple Chunks & Milk</p>	<p>22. Beef OR Vegetarian Lasagna Shredded Lettuce & Tomato, Brussels Sprouts, Dinner Roll, Fresh Pear & Milk</p>	<p>23. Roasted Turkey Cornbread Dressing, Sweet Potato, Cranberry Sauce, Dinner Roll, Tropical Fruit, Pumpkin Cake & Milk</p>	<p>24 & 25</p> 	
<p>28. Hamburger Steak w/Gravy & Onion Egg Noodles, Spinach Salad, Yellow Squash, Whole Grain Bread, Fresh Orange & Milk</p>	<p>29. Chicken Enchilada Broccoli, Carrot Raisin Salad, Strawberry Glazed Pound Cake, Mixed Berry Juice & Milk</p>	<p>30. BBQ Pork Riblet Baked Beans, Oregano Zucchini, Whole Grain Bread, Pineapple Chunks, Apple Juice & Milk</p>	<p>Program Sponsored in Part by Los Angeles County Area Agency on Aging If you should have any questions please contact Laura Santoyo (323) 582-6090 Ext. 223</p>	