


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

Oldtimers Foundation

April 2017

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

Mon	Tue	Wed	Thu	Fri
3. Hamburger Steak w/ Gravy & Onion Penne Pasta, Spinach Salad, Yellow Squash, Whole Grain Bread, Fresh Orange & Milk	4. Chicken Enchilada Broccoli, Carrot Raisin Salad, Strawberry Glazed Pound Cake, Mixed Berry Juice & Milk	5. BBQ Pork Riblet Baked Beans, Oregano Zucchini, Pineapple Chunks, Whole Grain Bread Apple Juice & Milk	6. Sliced Roast Turkey Green Beans, Mashed Potatoes, Cornbread, Fresh Pear & Milk	7. Tilapia Veracruz Style Barley Pilaf, Tossed Green Salad, California Blend, Fresh Apple & Milk
10. Chicken w/Mushroom Gravy Cauliflower w/Red Peppers, Fresh Baked Sweet Potato, Whole Grain Bread, Fruit Cocktail & Milk	11. Pepper Steak Brown Rice, Coleslaw, Succotash, Whole Grain Bread Banana & Milk	12. Baked Basa Fish w/ Mango Sauce Pasta Salad w/Vegetables, Savory Broccoli, Spinach Salad, Sliced Peaches & Milk	13. Garlic Peppercorn Pork Loin Carrots, Tossed Green Salad w/Tomato, Whole Grain Bread, Fresh Orange & Milk	14. Chicken Sesame w/ Bell Peppers OR Fish Green Beans, Baked Potato, Dinner Roll, Buttered Pears & Milk
17. Chili Beans w/Meat OR Vegetarian Chili Brown Rice, Coleslaw w/ Crushed Pineapple, Applesauce & Milk	18. Chicken a la King Penne Pasta, Yellow Squash, Vegetables, WG Dinner Roll, Orange & Milk	19. Meatloaf w/Gravy Green Salad, Stewed Cabbage, Whole Grain Bread, Chocolate Pudding, Mixed Berry Juice & Milk	20. Creole Tilapia Green Peas, Roasted Red Rose Potatoes, Whole Grain Bread, Fresh Pear & Milk	21. Garlic Thyme Pork Chop Brown & Wild Rice, Dilled Spinach, Tangy Cucumber Salad, Cantaloupe & Milk
24. BBQ Chicken Green Beans, Mashed Potatoes, Whole Grain Bread, Sliced Apricots & Milk	25. Green Chili Stew Buttered Carrots, Spinach Salad, Cornbread, Banana & Milk	26. Chicken Tahitian Seasoned Cauliflower, Sweet Potatoes, Whole Grain Bread, Fresh Peach & Milk	27. Beef French Dip Macaroni Salad, Savory Broccoli, Basil Beets, WG French Roll, Apple & Milk	28. Green Sauce Basa Fish Barley Pilaf, Mixed Field Greens, Succotash, Orange & Milk
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			Menu is subject to change without prior notice El menú esta sujeto a cambio sin previo aviso	