



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

Oldtimers Foundation

May 2017

Norwalk Social Services
 11929 Alondra Blvd.
 Norwalk, CA 90650
 (562) 929-5544
 Nutrition Program
 (562) 929-5504

Mon	Tue	Wed	Thu	Fri
1. Elbow Macaroni & Meatballs Seasoned Cauliflower, Peas & Carrots, Whole Grain Bread, Fresh Pear & Milk	2. Chicken & Mango Brown Rice, Fiesta Green Beans, Zucchini, Fresh Orange, Tapioca Pudding & Milk	3. Tuna Salad Barley Lentil Soup, Sweet Broccoli Salad, Tossed Green Salad, 2 Whole Grain Bread, Cantaloupe & Milk	4. Chicken Cacciatore Brussels Sprouts, Caesar Salad, Whole Grain Bread, Sliced Peaches & Milk	5. Beef Enchilada Pinto Beans, Tossed Salad, Whole Grain Bread, Tapioca Pudding, Grape Juice & Milk
8. Lemon Baked Fish Steamed Cabbage, Green Salad, Whole Grain Bread, Pineapple Chunks & Milk	9. Beef OR Vegetarian Lasagna Brussels Sprouts, Shredded Lettuce & Tomato, Dinner Roll, Fresh Pear & Milk	10. Orange Glazed Chicken California Blend, Buttery Corn, Whole Grain Bread, Banana & Milk	11. Taco Salad Vegetable Soup, Lettuce, Tomato & Cilantro, Fresh Pinto Beans, Fresh Orange & Milk	12. Chicken Fajitas Rice Pilaf, Broccoli, Tossed Green Salad, Dinner Roll, Mother's Day Cake, Pineapple Juice & Milk 
15. Hamburger Steak w/ Gravy & Onion Penne Pasta, Yellow Squash, Spinach Salad, Whole Grain Bread, Fresh Orange & Milk	16. Chicken Enchilada Broccoli, Carrot Raisin Salad, Strawberry Glazed Pound Cake, Mixed Berry Juice, Milk	17. BBQ Pork Riblet Baked Beans, Oregano Zucchini, Whole Grain Bread, Pineapple Chunks, Apple Juice & Milk	18. Sliced Roast Turkey Green Beans, Mashed Potatoes, Cornbread, Fresh Pear & Milk	19. Tilapia Veracruz Style California Blend, Tossed Green Salad, Whole Grain Bread, Fresh Apple & Milk
22. Chicken w/Mushroom Gravy Cauliflower w/Red Peppers, Fresh Baked Sweet Potato, Whole Grain Bread, Fruit Cocktail & Milk	23. Pepper Steak Brown Rice, Coleslaw, Succotash, Whole Grain Bread, Banana & Milk	24. Basa Fish w/Mango Sauce Pasta Salad w/Vegetables, Savory Broccoli, Spinach Salad, Sliced Peaches & Milk	25. Garlic Peppercorn Pork Loin Tossed Green Salad w/Tomato, Carrots, Whole Grain Bread, Fresh Orange & Milk	26. Chicken Sesame w/Bell Peppers Green Beans, Baked Potato, Dinner Roll, Buttered Pears & Milk
29. CLOSED 	30. Chicken a la King Penne Pasta, Yellow Squash, Vegetables, Whole Grain Dinner Roll, Fresh Orange & Milk	31. Meatloaf w/Gravy Stewed Cabbage, Green Salad, Whole Grain Bread, Chocolate Pudding, Mixed Berry Juice & 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.