




Oldtimers Foundation

March 2010

Norwalk Senior Center
Nutrition Program
(562)929-5645

Norwalk Senior Center
(562)929-5580

Mon	Tue	Wed	Thu	Fri
1 Spaghetti & Meatballs Seasoned Carrots, Green Salad, Fruit Cocktail, Whole Grain Bread, Orange Juice & Milk	2 Roast Beef Baked Potato, Seasoned Spinach, Sliced Peaches, Whole Grain Bread & Milk	3 Smothered Chicken Baked Brown Rice, Peas & Carrots, Coleslaw, Cornbread, Applesauce & Milk	4 Breaded Trout Melt or Liver & Onions Mashed Potatoes, Marinated Beet Salad, Whole Grain Bread, Banana & Milk	5 Cheese Enchilada Split Pea Soup, Mexican Rice & Pinto Beans, Fresh Orange & Milk
8 Baked Chicken Seasoned Broccoli, Mixed Green Salad, Sliced Pears in Juice, Whole Grain Bread & Milk	9 Roast Pork Navy Bean Soup, Steamed Brown Rice, Parsley Buttered Carrots, Orange & Pineapple Tidbits, Whole Grain Bread & Milk	10 Cheeseburger Lettuce & Tomato Baked Sweet Potato, Tapioca Pudding & Milk	11 El Pollo Loco Style Mexican Rice & Pinto Beans, Coleslaw w/Pineapple, Fresh Orange, Corn Tortillas & Milk	12 Breaded Trout Melt Vegetable Soup, Fresh Baked Potato, Warm Apple Crisp, Whole Grain Bread & Milk
15 Turkey Sandwich Sautéed Spinach, Oven Roasted Potato, Vanilla Pudding & Milk	16 Swedish Meatball Green Beans, Mixed Green Salad, Pumpkin Bar, Whole Grain Bread, Apple Juice & Milk	<p style="text-align: center;">Happy St Patrick's Day!</p>  17 Corned Beef Baby Carrots & Potatoes, Seasoned Cabbage, Green Gelatin, Dinner Roll, Orange Juice & Milk	18 Chile Verde Mexican Rice & Pinto Beans, Carrot Raisin and Salad, Corn Tortilla, Fresh Orange & Milk	19 Cheese Ravioli Cabbage Soup, Mixed Vegetables, Cantaloupe, Whole Grain Bread & Milk
22 Beef and Macaroni Green Beans & Carrots, Seasoned Cauliflower, Slice Peaches w/Prunes, Whole Grain Bread & Milk	23 Ginger Chicken Vegetable Soup, Brown Rice, Creole Cabbage, Orange- Pineapple Tidbits & Milk	24 Beef w/Tomato Sauce Seasoned Broccoli, Tangy Cucumber Salad, Tropical Mixed Fruit, Whole Grain Bread & Milk	25 Roast Turkey Sautéed Spinach, Coleslaw, Banana, Dinner Roll, Orange Juice & Milk	26 Baked Trout Melt Baked Potato, Marinated Beet Salad, Warm Apple Crisp, Whole Grain Bread & Milk
29 Pepper Steak Seasoned Peas, Mixed Green Salad, Mandarin Oranges, Whole Grain Bread & Milk	30 Beef Stew Boiled Potatoes, Herbed Carrot Coins, Cornbread, Banana & Milk	31 Chicken Mole Mexican Rice & Pinto Beans, Mixed Green Salad, Corn Tortilla, Pumpkin Bar, Apple Juice & Milk	Program Sponsored in part by Los Angeles County Area Agency on Aging If you have any questions please call Laura Santoyo (323)582-6090 Ext 223	