




OLDTIMERS FOUNDATION

Lunch Menu

September 2010

Norwalk Senior Center
Nutrition Program
(562)929-5645
Norwalk Senior Center
(562)929-5580

Mon	Tue	Wed	Thu	Fri
<p>Program Sponsored in part by Los Angeles County Area on Aging Agency If you have any questions please call Laura Santoyo (323)582-6090 ext 223</p>		<p>1 Chicken Mole Mexican Rice & Pinto Beans, Mixed Green Beans, Pumpkin Bar, Apple Juice & Milk</p>	<p>2 Beef Lasagna Seasoned Green Beans, Carrot Raisin Salad, Whole Grain Bread, Fresh Orange & Milk</p>	<p>3 Taco Salad Pinto Beans, 2-Oatmeal Cookies, Grape Juice & Milk</p>
<p>6 Closed</p> 	<p>7 Beef Chop Suey White Rice, Asian Vegetable Mix, Green Salad, French Bread, Fruit Cocktail, Orange Juice & Milk</p>	<p>8 Roast Beef Herbed Brown Rice, Peas & Carrots, Coleslaw, Cornbread, Applesauce & Milk</p>	<p>9 Baked Fish or Vegetable Lasagna Seasoned Green Beans, Beet Salad, Whole Grain Bread, Banana, Pineapple Juice & Milk</p>	<p>10 Honey Lemon Chicken Bulgur, Seasoned Lentils, Mixed Salad, Fresh Orange & Milk</p>
<p>13 Baked Chicken Seasoned Broccoli, Mixed Green Salad, Whole Grain Bread, 2-Sugar Cookies & Milk</p>	<p>14 Sweet & Sour Pork Steamed Brown Rice, Seasoned Carrots, Asian Coleslaw, Whole Grain Bread, Oranges & Pineapple Tidbits & Milk</p>	<p>15 Cheeseburger Split Pea Soup, Fresh Sweet Potato, Lettuce & Tomato, Warm Peach Crisp & Milk</p>	<p>16 El Pollo Loco Style Chicken Tomato & Cilantro Rice, Seasoned Black Beans, Spinach Salad, Corn Tortilla, Fresh Orange & Milk</p>	<p>17 Tuna Salad Potato Salad, Carrot-Pineapple Salad, Whole Grain Bread, Tapioca Pudding, Apple Juice & Milk</p>
<p>20 Spaghetti & Meatballs Seasoned Broccoli, Seasoned Carrots, Whole Grain Bread, Vanilla Pudding & Milk</p>	<p>21 Hot Turkey Sandwich Seasoned Green Beans, Mixed Green Salad, Pumpkin Bar, Apple Juice & Milk</p>	<p>22 Chicken Salad Potato Salad, Marinated Broccoli Salad, Whole Grain Bread, Pineapple N' Cream & Milk</p>	<p>23 Chile Verde Mexican Rice, Seasoned Zucchini, Carrot-Raisin Salad, Corn Tortilla, Fresh Orange & Milk</p>	<p>24 Smothered Chicken Cabbage Soup, Bread Dressing, Mixed Vegetables, Cantaloupe & Milk</p>
<p>27 Veal Parmesan Green Beans & Carrots, Cauliflower, French Bread, Sliced Peaches w/Prunes & Milk</p>	<p>28 Taco Salad Pinto Beans, 2-Oatmeal Cookies, Grape Juice & Milk</p>	<p>29 Beef & Tomato Seasoned Broccoli, Tangy Cucumber Salad, Whole Wheat Bread, Tropical Mixed Fruit & Milk</p>	<p>30 Meatball Submarine Sandwich Seasoned Spinach, Garden Salad, Banana, Orange Juice & Milk</p>	<p><small>Menu is subject to Change without notice El menu esta sujeto a cambio sin previo aviso</small></p> <p><small>** Food Item with Transfat, fresh fruit available upon request ** Alimento con Transfat, fruta disponible</small></p>