




# OLDTIMERS FOUNDATION

## Lunch Menu

### September 2010

**Norwalk Social  
Services  
(562)929-5544**

Mon	Tue	Wed	Thu	Fri
<p><b>Program Sponsored in part by Los Angeles County Area on Aging Agency</b> If you have any questions please call <b>Laura Santoyo</b> <b>(323)582-6090 ext 223</b></p>		<p><b>1 Chicken Mole</b> Mexican Rice &amp; Pinto Beans, Mixed Green Beans, Pumpkin Bar, Apple Juice &amp; Milk</p>	<p><b>2 Beef Lasagna</b> Seasoned Green Beans, Carrot Raisin Salad, Whole Grain Bread, Fresh Orange &amp; Milk</p>	<p><b>3 Taco Salad</b> Pinto Beans, 2-Oatmeal Cookies, Grape Juice &amp; Milk</p>
<p><b>6 Closed</b></p> 	<p><b>7 Beef Chop Suey</b> White Rice, Asian Vegetable Mix, Green Salad, French Bread, Fruit Cocktail, Orange Juice &amp; Milk</p>	<p><b>8 Roast Beef</b> Herbed Brown Rice, Peas &amp; Carrots, Coleslaw, Cornbread, Applesauce &amp; Milk</p>	<p><b>9 Baked Fish or Vegetable Lasagna</b> Seasoned Green Beans, Beet Salad, Whole Grain Bread, Banana, Pineapple Juice &amp; Milk</p>	<p><b>10 Honey Lemon Chicken</b> Bulgur, Seasoned Lentils, Mixed Salad, Fresh Orange &amp; Milk</p>
<p><b>13 Baked Chicken</b> Seasoned Broccoli, Mixed Green Salad, Whole Grain Bread, 2-Sugar Cookies &amp; Milk</p>	<p><b>14 Sweet &amp; Sour Pork</b> Steamed Brown Rice, Seasoned Carrots, Asian Coleslaw, Whole Grain Bread, Oranges &amp; Pineapple Tidbits &amp; Milk</p>	<p><b>15 Cheeseburger</b> Split Pea Soup, Fresh Sweet Potato, Lettuce &amp; Tomato, Warm Peach Crisp &amp; Milk</p>	<p><b>16 El Pollo Loco Style Chicken</b> Tomato &amp; Cilantro Rice, Seasoned Black Beans, Spinach Salad, Corn Tortilla, Fresh Orange &amp; Milk</p>	<p><b>17 Tuna Salad</b> Potato Salad, Carrot-Pineapple Salad, Whole Grain Bread, Tapioca Pudding, Apple Juice &amp; Milk</p>
<p><b>20 Spaghetti &amp; Meatballs</b> Seasoned Broccoli, Seasoned Carrots, Whole Grain Bread, Vanilla Pudding &amp; Milk</p>	<p><b>21 Hot Turkey Sandwich</b> Seasoned Green Beans, Mixed Green Salad, Pumpkin Bar, Apple Juice &amp; Milk</p>	<p><b>22 Chicken Salad</b> Potato Salad, Marinated Broccoli Salad, Whole Grain Bread, Pineapple N' Cream &amp; Milk</p>	<p><b>23 Chile Verde</b> Mexican Rice, Seasoned Zucchini, Carrot-Raisin Salad, Corn Tortilla, Fresh Orange &amp; Milk</p>	<p><b>24 Smothered Chicken</b> Cabbage Soup, Bread Dressing, Mixed Vegetables, Cantaloupe &amp; Milk</p>
<p><b>27 Veal Parmesan</b> Green Beans &amp; Carrots, Cauliflower, French Bread, Sliced Peaches w/Prunes &amp; Milk</p>	<p><b>28 Taco Salad</b> Pinto Beans, 2-Oatmeal Cookies, Grape Juice &amp; Milk</p>	<p><b>29 Beef &amp; Tomato</b> Seasoned Broccoli, Tangy Cucumber Salad, Whole Wheat Bread, Tropical Mixed Fruit &amp; Milk</p>	<p><b>30 Meatball Submarine Sandwich</b> Seasoned Spinach, Garden Salad, Banana, Orange Juice &amp; 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>