


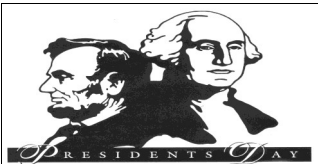
Norwalk Senior Center
 14040 San Antonio Drive
 Norwalk, Ca 90650
 (562) 929-5580
 Nutrition Program
 (562) 929-5645

Oldtimers Foundation

Lunch Menu

February 2012

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

Mon	Tue	Wed	Thu	Fri
<p>Program sponsored in part by Los Angeles County Area on Aging If you have any questions please call Laura Santoyo (323)582-6090 Ext. 223</p>		<p>1 Beef & Tomato Seasoned Broccoli, Tangy Cucumber Salad, Whole Grain Bread, Warm Apple Crisp & Milk</p>	<p>2 Tuna Submarine Sandwich Seasoned Spinach, Coleslaw, Dinner Roll, Banana, Orange Juice & Milk</p>	<p>3 Roast Beef Baked Potato, Marinated Beet Salad, Whole Grain Bread, Fresh Apple & Milk</p>
<p>6 Spaghetti & Meatballs Seasoned Spinach, Fresh Orange, Whole Grain Bread, Tropical Fruit Cocktail & Milk</p>	<p>7 Baked Chicken Herbed Barley, Seasoned Peas, Corn & Tomatoes, Whole Grain Bread, Pumpkin Bar, Pineapple Juice & Milk</p>	<p>8 Beef Lasagna Seasoned Green Beans, Carrot-Raisin Salad, Whole Grain Bread, Fresh Orange & Milk</p>	<p>9 Hot Turkey Sandwich Seasoned Broccoli, Mixed Green Salad, Pineapple Tidbits, Apple Juice & Milk</p>	<p>10 Beef Stew w/Peas & Onions Cornbread, Zucchini, Carrot Coins, Fresh Pear, Orange Juice & Milk</p>
<p>13 Pork Riblet Buttered Rice, Corn w/Red Pepper, Green Salad, Dinner Roll, Fresh Apple, Orange Juice & Milk</p>	<p>14 Roast Beef w/Mushroom Gravy Au-Gratin Potatoes, Seasoned Carrots, Whole Grain Bread, Sweetheart Cake, Apple Juice & Milk</p> 	<p>15 Ranch Chicken Baked Potato, Seasoned Spinach, Whole Grain Bread, 2-Sugar Cookies & Milk</p>	<p>16 Baked Chicken Drumsticks Or Vegetable Lasagna Seasoned Green Beans, Mixed Salad, Dinner Roll, Fresh Orange & Milk</p>	<p>17 Baked Fish w/Green Sauce White Rice, Mixed Vegetables w/Carrots, Beet Salad w/Balsamic Vinegar, Whole Grain Bread, Banana, Pineapple Juice & Milk</p>
<p>20 Closed</p> 	<p>21 Charbroiled Chicken Breast Seasoned Broccoli, Mixed Green Salad, Whole Grain Bread, 2-Oatmeal Cookies & Milk</p>	<p>22 Sweet & Sour Pork or Fish Steamed Brown Rice, Seasoned Carrots, Asian Coleslaw, Whole Grain Bread, Mandarin Oranges & Pineapple Tidbits & Milk</p>	<p>23 Chicken Mole Tomato & Cilantro Rice, Seasoned Black Beans, Spinach Salad, Corn Tortilla, Fresh Orange & Milk</p>	<p>24 Cheese Enchiladas Mexican Rice & Pinto Beans, Fresh Apple, Orange Juice & Milk</p>
<p>27 Lemon Pepper Baked Fish Green Beans, Mixed Green Salad, Whole Grain Dinner Roll, Vanilla Pudding, Apple Juice & Milk</p>	<p>28 BBQ Beef Cubes Mashed Potato, Coleslaw, Whole Grain Bread, Fresh Pear & Milk</p>	<p>29 Chile Verde Mexican Rice, Seasoned Zucchini, Carrot-Raisin Salad, Corn Tortilla, Fresh Orange & Milk</p>	<p>Menu is subject to change without notice</p> <p>El menu esta sujeto a cambio sin previo aviso</p>	