



City of Norwalk Senior Daily Luncheon Program July 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 Tuna Sandwich Whole Grain Bread Cole Slaw C1- Cream of Corn Soup Garden Salad with Radish & corn C-2 Grape Juice Fresh Cantaloupe	16 Chinese Chicken Salad Whole Grain Dinner Roll Green Beans C-1 Carrot Ginger Soup Iceberg, Romaine, & Red Onion C-2 Apple Juice Mandarin Orange	17 Whole Grain Spaghetti with Meatballs Sourdough Bread With Garlic Spread Broccoli Mesculun Mix Salad Baked Maple Bars	18 Chicken Enchilada With Red Sauce Corn tortilla (3) Pinto Beans Chopped Salad with Tomato & Cucumber Orange Juice Fresh Peach	19 Herb Rubbed Pork Roast With Honey Mustard Sauce Whole Grain Bread Stuffing Winter Squash Mango Grape Juice Vanilla Pudding
22 Turkey a la King With peas ,Corn and Carrots Whole Grain Roll Spinach and Kale Salad with Red Onion Fresh Banana	23 Beef Lasagna Whole Grain Bread With Garlic Spread Broccoli and Cauliflower Romaine and Shredded Cabbage Salad With Beets Fruited Yogurt with Mango and Strawberries	24 Tuna Salad Whole Grain Bread C-1 Split Pea Soup Creamy Cucumber Salad Mixed Salad Greens With Radish and Tomato C-2 Apple Juice	25 BBQ Pulled Pork Whole Grain Hamburger Bun Potato Salad Collard Greens Fresh Orange	26 Beef Teriyaki and Brown Rice Whole Grain Bread Oriental Vegetables Chopped Kale Salad With Shredded Brussel Sprouts Pineapple Juice Fresh Peaches
			Daily Luncheon Program Mon.-Fri. 11:30a.m.-12:30 p.m. (PLEASE check in by 11:15 a.m.) Suggested Contribution for Seniors: \$2.00. Meals are \$4.00 for Non-Seniors. If meals are available after seniors are served. To make a reservation: Senior Center (562) 929-5580 Social Service Center (562) 929-5544.	
<small>*Meals all have: Vitamin A & D fortified 1% or NF Milk - 1c Water 6-8 ounces. MENU SUBJECT TO CHANGE WITHOUT NOTICE. This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older American Act of 1965 as amended.</small>				