

Norwalk Senior Center  
 14040 San Antonio Dr.  
 Norwalk, CA 90650  
 (562) 929-5580  
 Nutrition Program  
 (562) 929-5645

# OLDTIMERS FOUNDATION

## LUNCH MENU

### NOVEMBER 2014

Norwalk Social Services  
 11929 Alondra Blvd.  
 Norwalk, CA 90650  
 (562) 929-5544  
 Nutrition Program  
 (562) 929-5504

Mon	Tue	Wed	Thu	Fri
<p>Program Sponsored in Part by            Los Angeles County Area            Agency on Aging            If you should have any            questions please contact            Laura Santoyo            (323) 582-6090 Ext. 223</p>			<p>Olive Oil &amp; Vinegar are            available as a            Low Sodium Dressing            for your salads</p>	<p>MENU IS SUBJECT TO CHANGE            WITHOUT PRIOR NOTICE</p> <p>EL MENU ESTA SUJETO A            CAMBIO SIN PREVIO AVISO</p>
<p><b>3. Hamburger Steak w/            Onion Gravy</b>            Mixed Vegetables, Mashed            Potato, Whole Wheat Bread,            Fruit Cocktail &amp; Milk</p>	<p><b>4. Oven Fried Tilapia or Par-            mesan Chicken Breast</b>            Lemon Rice, Green Beans,            Creamy Coleslaw, Fresh            Apple, Orange Juice &amp; Milk</p>	<p><b>5. Whole Grain Spaghetti &amp;            Meatballs</b>            Broccoli Cuts, Tossed Green            Salad, Vanilla Pudding,            Pineapple Juice &amp; Milk</p>	<p><b>6. Garlic Thyme Pork            Chops</b>            Rosemary Roasted Whole Red            Potatoes w/ Garlic,            Green Peas, Fresh Pear            &amp; Milk</p>	<p><b>7. Crispy Chicken,</b>            Cornbread, Dilled Spinach,            Cucumber &amp; Tomato Salad,            Chocolate Chip Cookies            Grape Juice &amp; Milk</p>
<p><b>10. BBQ Pork Riblet,</b>            Green Beans, Green Salad            Apricot Halves, Whole Grain            Bread, Orange Juice            &amp; Milk</p>	<p><b>11. Veterans Day</b></p> 	<p><b>12. Citrus Thyme Roasted            Chicken,</b>            Tomato Soup, Mashed            Potatoes, Oregano Zucchini,            Whole Grain Bread,            Sliced Pears &amp; Milk</p>	<p><b>13. Pepper Steak w/ Sauce,</b>            Savory Broccoli, Basil Beets,            Whole Grain Bread,            Sugar Cookies            Pineapple Juice &amp; Milk</p>	<p><b>14. Creole Basa Fish</b>            Macaroni Salad, Buttery            Corn, Baked Fresh Sweet            Potato, Fresh Orange            &amp; Milk</p>
<p><b>17. Chili Beans w/ Meat or            Vegetarian Chili,</b>            Brown Rice, Coleslaw w/            Crushed Pineapple,            Applesauce &amp; Milk</p>	<p><b>18. Rosemary Lemon Chicken</b>            Buttered Basil Whole Grain            Penne Pasta, Seasoned            Cauliflower, Tossed Green            Salad w/ Cucumbers,            Tropical Fruit &amp; Milk</p>	<p><b>19. Beef Chop Suey,</b>            White Rice, Orange Sesame            Broccoli, Green Peas,            Fresh Pear            &amp; Milk</p>	<p><b>20. Oldtimers Veracruz            Style Tilapia</b>            Vegetable Barley Soup, Green            Beans w/ sautéed, Whole Grain            Bread, Tossed Green Salad,            Cantaloupe &amp; Milk</p>	<p><b>21. Roast Turkey w/ Gravy,</b>            Cornbread Dressing, Squash            Medley, Carrot Raisin Salad,            Strawberry Glazed            Pound Cake,            Orange Juice &amp; Milk</p>
<p><b>24. Chicken Breast a la            King,</b>            Steamed Brown Rice, Yellow            Squash, Mixed Vegetables,            Pineapples Tidbits w/ cream            Apple Juice &amp; Milk</p>	<p><b>25. Meatloaf w /Gravy,</b>            Garlic Mashed Potato, Dill            Spinach, Whole Grain Bread,            Fresh Orange            &amp; Milk</p>	<p><b>26. Roasted Turkey,</b>            Cornbread Dressing,            Mustard Greens, Waldorf            Salad, Sweet Potato Pie,            Dinner Roll, Orange Juice &amp;            Milk</p>		