

# Norwood Park Senior Center



## Lunch Menu

LUNCH ITEMS SUBJECT TO CHANGE



# March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>closed</b>			1 Cheeseburger/bun Mixed Greens Onions Fruit Cup	2 Teriyaki Chicken W/Brown Rice Carrots, broccoli and fresh apple	3 Beef Taco w/Cheese, Tortillas, Pinto Beans, Corn, Fresh Orange, Milk	4 <b>closed</b>
5 <b>closed</b>	6 <b>Senior Center is Closed</b>	7 Chicken & Cheese Burrito Bowl Corn, Black Beans and Fresh Orange	8 Beef Stroganoff Peas, Broccoli and fresh apple	9 Roast Turkey Corn, Butternut squash and fresh pear	10 Cheese Ravioli w/marinara Italian Blend Veggie, Spinach	11 <b>closed</b>
12 <b>closed</b>	13 Chicken Alfredo Green Beans, Italian vegetable blend, Bread/butter, Milk, Orange	14 Tomato Braised Beef, Seasoned Potatoes, Broccoli, Bread/butter, Milk, Apple	15 Turkey Tetrazzini w/pasta Carrots, peas & pear	16 Chicken Tenders BBQ beans, sweet potato & apple	17 St. Patrick's Day  Special Lunch	18 <b>closed</b>
19 <b>closed</b>	20 WG Penne Beef Meatball Marinara, Zucchini, Diced carrots, Milk, Apple	21 Chicken Patty w/cheese Broccoli, BBQ Bean salad & pear	22 Vegetarian Chili w/elbow noodles Greens, cauliflower & fresh orange	23 BBQ Chicken Sweet Potato Asparagus, fruit cup	24 Salisbury Steak Mashed potatoes, peas and fresh orange	25 <b>closed</b>
26 <b>closed</b>	27 Meatloaf Mashed potatoes asparagus & fresh orange	28 Chicken Chop Suey Asian Veggie Blend Peas, fresh pear	29 Cheeseburger/bun Mixed Greens Onions Fruit Cup	30 Teriyaki Chicken W/Brown Rice Carrots, broccoli and fresh apple	31 Beef Taco w/Cheese, Tortillas, Pinto Beans, Corn, Fresh Orange, Milk	Lunch is a \$2 suggested donation Special lunches \$4 suggested donation

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