

Norwood Park Senior Center



Lunch Menu

LUNCH ITEMS SUBJECT TO CHANGE



March

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
closed			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 closed
⁵ closed	⁶ Senior Center is Closed	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 closed
¹² closed	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 closed
¹⁹ closed	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 closed
²⁶ closed	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 <i>Special lunches \$4 suggested donation</i>

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