

TOWN OF EASTCHESTER

SENIOR CENTER AT LAKE ISLE

HOME DELIVERED MEALS

337-0390

IF YOU HAVE A FOOD
ALLERGY PLEASE
INFORM THE NUTRITION
SITE MANAGER

August-17

RESERVATIONS
REQUIRED. MENU
SUBJECT TO CHANGE.

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
	Chicken Waldorf Salad, Garbanzo Bean Salad, Tossed Salad, Peach Pie	Roast Turkey Sandwich w/Lettuce & Tomato, Stuffing, Carrot Raisin Salad, Sliced Pears	Roasted Ham, Scalloped Potatoes, Green Bean Casserole, Mango Chunks	Cheese Lasagna, Tossed Salad w/Chickpeas, Broccoli w/Garlic, Fresh Fruit
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
Chicken Cutlet w/Marsala Sauce, Mashed Potatoes, Green Beans, Sliced Peaches	Baked Cheese Strata, Sautéed Zucchini, Tossed Salad w/Chickpeas, Pineapple Chunks	Meatloaf, Mashed Sweet Potatoes, Peas & Onions, Fresh Fruit	Tuna Macaroni Salad, Three Bean Salad, Beet Salad, Carrot Cake	Baked Chicken Pesto, Quinoa & Kale, Stewed Tomatoes, Fresh Plum
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Crispy Baked Cod, Buttered Grits, Collard Greens & Onions, Mango Chunks	Roast Chicken w/BBQ Sauce, Baked Beans, Coleslaw, Lemon Meringue Pie	Spaghetti w/Meatballs, Broccoli Florets w/Garlic, Fresh Melon	Grilled Chicken Caesar Salad, Romaine Lettuce, Red Potato Salad, Ambrosia Fruit Salad	Breaded Pork Chop, Mashed Sweet Potatoes, Yellow & Green Squash, Pineapple Chunks
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
Chicken Cutlet Parmigiana, Rotini Pasta, Broccoli Florets w/Garlic & Olive Oil, Pitted Plums	Egg Salad Sandwich, Beet Salad, Carrot Raisin Salad, Fresh Peach	Beef & Peppers, Mashed Sweet Potatoes, Spinach, Fresh Melon	Chicken Chow Mein, Brown Rice, Vegetable Mix, Pineapple Chunks	Baked Salmon, Baked Potato, Mixed Vegetables, Cake
MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	
Italian Chicken Sausage, Roasted Potatoes, Zucchini & Tomato, Sliced Strawberries	Yankee Pot Roast, Mashed Sweet Potato, Crumb Baked Cauliflower, Fruited Gelatin w/Whipped Topping	Tuscan Chicken, Linguine w/Basil Pesto, Mixed Vegetables, Watermelon	Turkey & Cheese Reuben Wrap w/Coleslaw, Beet Salad, Cucumber Salad, Blueberry Pie	