

TOWN OF EASTCHESTER

SENIOR CENTER AT LAKE ISLE

HOME DELIVERED MEALS

337-0390

July-17

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

RESERVATIONS
REQUIRED. MENU
SUBJECT TO CHANGE.

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Pasta w/Chicken & Broccoli in Garlic Sauce, Tossed Salad w/Chickpeas, Carrots, Fresh Fruit	CENTER CLOSED	Hot Dog, Sauerkraut, Baked Beans, Coleslaw, Cherry Pie w/Whipped topping	Egg Salad Sandwich, Cucumber Salad, Beet Salad, Apricot Halves	Roast Turkey, Stuffing, Spinach, Pineapple Chunks
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Sole Florentine w/Lemon Butter Sauce, Lentil Pilaf, Glazed Carrots, Sliced Pears	Manicotti w/tomato sauce, Broccoli w/Garlic, Tossed Salad w/Chickpeas, Fresh Fruit	Meatloaf, Sweet Potato, Green Cabbage, Pitted Plums	Jerk Spiced Chicken, Cheesy Grits, Collard Greens, Coconut Cake	Mozzarella, Roasted Peppers, Basil Pesto Sandwich, Three Bean Salad, Italian Rice Salad, Paradise Fruit Blend
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
Broccoli & Cheese Quiche, Home Fried Potatoes, Stewed Tomatoes, German Coffee Cake	Baked Breaded Pork Chops, Roasted Potatoes, Creamed Spinach, Brownie	Chicken Waldorf Salad, Garbanzo Bean Salad, Tossed Salad, Sliced Strawberries & Bananas	Yankee Pot Roast, Sweet Potato, Sautéed Zucchini, Chocolate Chip Cookies	Crispy Baked Cod, Quinoa & Kale, Caribbean Blend Vegetables, Mango Chunks
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
Salisbury Steak, Sweet Potato, Crumb Baked Cauliflower, Sliced Pears	Chef's Salad: Turkey, L.S. Ham, Cheese, Tossed Salad, German Potato Salad, Fruited Gelatin w/Whipped Topping	Chicken Cutlet Cacciatore, Linguine w/Olive Oil & Garlic, Green Beans, Mandarin Orange Segments	Baked Flounder, Picatta Sauce, Lentil Pilaf, Glazed Carrots, Fresh Fruit	Baked Ziti w/Ground Beef, Broccoli w/Garlic, Tossed Salad, Cake
MONDAY 31				
Salmon Burger, Caribbean Peach Sauce, Potato Wedges, Green Beans, Strawberries				