

**TOWN OF EASTCHESTER  
SENIOR NUTRITION CENTER AT LAKE ISLE**

**337-0390**

**SEPTEMBER, 2018**

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

**RESERVATIONS REQUIRED  
MENU SUBJECT TO CHANGE**

<b>MONDAY 3</b>	<b>TUESDAY 4</b>	<b>WEDNESDAY 5</b>	<b>THURSDAY 6</b>	<b>FRIDAY 7</b>
<b>LABOR DAY</b>	CHICKEN PARMIGIANA WHOLE WHEAT PENNE SPINACH FRESH FRUIT	MEATLOAF & GRAVY MASHED POTATOES GREEN BEANS FRESH FRUIT	FLOUNDER OREGANATA LENTIL PILAF PEAS & CARROTS FRESH FRUIT	ROAST TURKEY & GRAVY SWEET POTATOES CALIFLOWER FRESH FRUIT
<b>MONDAY 10</b>	<b>TUESDAY 11</b>	<b>WEDNESDAY 12</b>	<b>THURSDAY 13</b>	<b>FRIDAY 14</b>
SALMON CAKES PEACH SALSA QUINOA & LENTILS GREEN BEANS FRESH FRUIT	BEEF BRISKET & GRAVY POTATO PANCAKES CARROT TZIMMES FRESH FRUIT	COUNTRY CHICKEN BROWN RICE KALE & ONIONS BIRTHDAY CAKE	BREADED PORK CHOP BROCCOLI TOSSED SALAD W/CHICKPEAS SPLIT PEA SOUP PINEAPPLE	STUFFED PEPPER MASHED POTATOES & GRAVY SPINACH FRESH FRUIT
<b>MONDAY 17</b>	<b>TUESDAY 18</b>	<b>WEDNESDAY 19</b>	<b>THURSDAY 20</b>	<b>FRIDAY 21</b>
SALISBURY STEAK & GRAVY SWEET POTATO CALIFLOWER ORANGE SEGMENTS	HONEY GARLIC CHICKEN BROWN RICE VEGETABLE MEDELY STRAWBERRIES AND BANANAS	SOLE FLORENTINE ROASTED POTATOES STEWED TOMATOES APRICOT HALVES	TURKEY A LA KING BUTTERED NOODLES COLLARD GREENS MANGO	CHEESE LASAGNA TOSSED SALAD W/CHICKPEAS CARROTS CHOCOLATE CHIP COOKIE
<b>MONDAY 24</b>	<b>TUESDAY 25</b>	<b>WEDNESDAY 26</b>	<b>THURSDAY 27</b>	<b>FRIDAY 28</b>
ITALIAN CHICKEN SAUSAGE ROASTED POTATOES PEPPERS & ONIONS SLICED PEARS	BEEF CHILI BROWN RICE COLE SLAW MANGO CHUNKS	BAKED SALMON & DILL SAUCE QUINOA & KALE PEAS FRESH FRUIT	CHEESE RAVIOLI TOSSED SALAD W/CHICKPEAS BROCCOLI PITTED PLUMS	CHICKEN MARSALA RED BLISS POTATOES PEAS & MUSHROOMS LAYER CAKE