

THE NUTRITION CENTER AT LAKE ISLE

Peter Basha, Director

MAY HDM MENU 2019

**TOWN OF EASTCHESTER
Supervisor Anthony S. Colavita**

<p>660 White Plains Road Eastchester, NY 10709 Information and Reservations Call: 337-0390 www.eastchester.org/seniorservices</p>		<p>WEDNESDAY 1 HONEY GARLIC CHICKEN & BROCCOLI BROWN RICE CARROTS</p>	<p>THURSDAY 2 BREADED PORK CUTLETS ROASTED POTATOES CREAMED SPINACH</p>	<p>Friday 3 STUFFED SHELLS TOMATO SAUCE TOSSED SALAD W/ CHICK PEAS BROCCOLI</p>
<p>MONDAY 6 KNOCKWURST & SAUERKRAUT CORN NIBLETS BAKED BEANS</p>	<p>TUESDAY 7 ROAST CHICKEN MASHED POTATOES COLLARD GREENS</p>	<p>WEDNESDAY 8 CHEESE LASAGNA TOMATO SAUCE BROCCOLI TOSSED SALAD W/ CHICK PEAS</p>	<p>THURSDAY 9 BEEF STEW BUTTERED NOODLES SPINACH</p>	<p>Friday 10 CHICKEN CORDON BLEU RICE PILAF HONEY CITRUS CARROTS</p>
<p>MONDAY 13 MACARONI & CHEESE STEWED TOMATOES GREEN BEANS</p>	<p>TUESDAY 14 BREADED PORK CUTLET MASHED POTATOES PEAS & CARROTS</p>	<p>WEDNESDAY 15 ORANGE GINGER CHICKEN BROWN RICE ORIENTAL VEGETABLES</p>	<p>THURSDAY 16 POT ROAST & GRAVY ROASTED POTATOES CARROTS</p>	<p>Friday 17 SPINACH QUICHE LENTIL PILAF TOSSED SALAD</p>
<p>MONDAY 20 SALISBURY STEAK & GRAVY ROASTED POTATOES SPINACH</p>	<p>TUESDAY 21 CHICKEN PICATTA BROWN RICE VEGETABLE MEDELY</p>	<p>WEDNESDAY 22 PORK CUTLET & MUSHROOMS MASHED POTATOES CARROTS</p>	<p>THURSDAY 23 ROAST TURKEY & GRAVY SWEET MASHED POTATOES CAULIFLOWER</p>	<p>Friday 24 SOLE FLORENTINE ROASTED POTATOES GREEN BEANS</p>
<p>MONDAY 27 CLOSED MEMORIAL DAY</p>	<p>TUESDAY 28 PORK PICATTA COUSCOUS CREAMED SPINACH</p>	<p>WEDNESDAY 29 PESTO CHICKEN LINGUINI BROCCOLI WITH GARLIC</p>	<p>THURSDAY 30 MEATLOAF MASHED POTATOES PEAS & ONIONS</p>	<p>Friday 31 MANICOTTI & TOMATO SAUCE SPINACH TOSSED SALAD W/ CHICK PEAS</p>

Funded by the Town of Eastchester, Westchester County Department of Senior Programs and Services, New York State Office for Aging and the U.S. Administration on Aging.
Suggested voluntary contribution: Residents \$3.00, Non-Residents \$4.00. Contributions are made anonymously. No one 60 years or older is denied lunch due to inability to pay.
If you are unable to meet the suggested amount, we ask that you contribute whatever amount you feel you can afford.
All contributions go directly back into the nutritional program to help pay for meals and other meal program expenses to pay.