

**THE NUTRITION CENTER AT LAKE ISLE**

**Peter Basha, Director**

**JANUARY HDM 2019**

**TOWN OF EASTCHESTER**

**Supervisor Anthony S. Colavita**

<p>660 White Plains Road Eastchester, NY 10709 Information and Reservations Call: 337-0390 <a href="http://www.eastchester.org/seniorservices">www.eastchester.org/seniorservices</a></p>	<p><b>TUESDAY 1</b> New Year's Day <b>NUTRITION CENTER CLOSED</b> <b>NO HOME DELIVERED MEALS</b></p>	<p><b>WEDNESDAY 2</b> Baked Flounder Oreganata Corn Nibbles Rice Pilaf</p>	<p><b>THURSDAY 3</b> Boneless Breaded Pork Chop Baked Sweet Potato Cabbage and Carrots</p>	<p><b>Friday 4</b> Roasted Chicken Scalloped Potatoes Green Bean Almandine</p>
<p><b>MONDAY 7</b> Knockwurst &amp; Sauerkraut Corn Nibbles Baked Beans</p>	<p><b>TUESDAY 8</b> Herbed Lemon Chicken Sweet Potatoe Peas &amp; Onions</p>	<p><b>WEDNESDAY 9</b> Manicotti &amp; Tomato Sauce Broccoli Tossed Salad w/Chick Peas</p>	<p><b>THURSDAY 10</b> Lamb Curry Buttered Noodles Peas and Carrots</p>	<p><b>Friday 11</b> Tilapia Oreganata Lentil Pilaf Green Beans</p>
<p><b>MONDAY 14</b> Stuffed Peppers Mash Potatoes &amp; Gravy Brussel Sprouts</p>	<p><b>TUESDAY 15</b> Pork Loin Cutlet Picatta Sweet Potatoes Glazed Carrots</p>	<p><b>WEDNESDAY 16</b> Roast Turkey &amp; Gravy Corn Bread Dressing Peas</p>	<p><b>THURSDAY 17</b> Baked Salmon Cakes Caribbean Peach Sauce Baked Potato Mediterranean Vegetables</p>	<p><b>Friday 18</b> Crispy Baked Chicken &amp; Gravy Macaroni &amp; Cheese Green Beans</p>
<p><b>MONDAY 21</b> Martin Luther King Jr. Day <b>NUTRITION CENTER CLOSED</b> <b>NO HOME DELIVERED MEALS</b></p>	<p><b>TUESDAY 22</b> Salisbury Steak &amp; Gravy Herb Potatoes Vegetable Medely</p>	<p><b>WEDNESDAY 23</b> Baked Sole Oreganata Couscous Cauliflower</p>	<p><b>THURSDAY 24</b> California Chicken Mashed Potatoes Succotash</p>	<p><b>Friday 25</b> Spaghetti &amp; Meatballs Tomato Sauce Broccoli w/ Garlic</p>
<p><b>MONDAY 28</b> Italian Chicken Sausage, Peppers &amp; Onions Green Beans</p>	<p><b>TUESDAY 29</b> Roast Pork Loin and Mushrooms Roasted Herb Potatoes Peas and Carrots</p>	<p><b>WEDNESDAY 30</b> Cheese Lasagna Mediterranean Vegetable Tomato Sauce Tossed Salad w/ Chick Peas</p>	<p><b>THURSDAY 31</b> Meatloaf and Gravy Mashed Sweet Potatoes Cauliflower</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.