

JUNE HDM MENU 2019

<p>MONDAY 3 STUFFED PEPPER MASHED POTATOES & GRAVY CARROTS</p>	<p>TUESDAY 4 CHICKEN CHOW MEIN WHITE RICE ORIENTAL VEGETABLES</p>	<p>WEDNESDAY 5 SPAGHETTI & ITALIAN MEATBALLS TOMATO SAUCE BROCCOLI</p>	<p>THURSDAY 6 ROASTED HONEY MUSTARD CHICKEN AU GRATIN POTATOES GREEN BEANS</p>	<p>Friday 7 CRISPY BAKED FISH BUTTERED GRITS COLLARD GREENS</p>
<p>MONDAY 10 BREADED CHICKEN CUTLET SWEET POTATOES VEGETABLE MEDLEY</p>	<p>TUESDAY 11 SALMON BURGER CARIBBEAN PEACH SAUCE QUINOA & KALE</p>	<p>WEDNESDAY 12 PORK CHOP & GRAVY BAKED POTATO PEAS & CARROTS</p>	<p>THURSDAY 13 ROAST TURKEY & GRAVY SUCCOTASH CREAMED SPINACH</p>	<p>Friday 14 YANKEE POT ROAST MASHED POTATOES RED CABBAGE</p>
<p>MONDAY 17 ITALIAN CHICKEN SAUSAGE PEPPERS & ONIONS ROASTED POTATOES</p>	<p>TUESDAY 18 BAKED ZITI BOLANAISE SAUCE BROCCOLI</p>	<p>WEDNESDAY 19 FLOUNDER OREGANATA BITTERED NOODLES CARIBBEAN VEGETABLES</p>	<p>THURSDAY 20 BAKED HAM-RAISIN SAUCE SCALLOPED POTATOES GREEN BEANS</p>	<p>Friday 21 ROAST CHICKEN COLE SLAW BAKED BEANS</p>
<p>MONDAY 24 SALISBURY STEAK MASHED POTATOES AND GRAVY BRUSSEL SPROUTS</p>	<p>TUESDAY 25 TUSCAN STYLE CHICKEN PESTO PASTA TUSCAN VEGETABLES</p>	<p>WEDNESDAY 26 TUNA SALAD SANDWICH CUCUMBER SALAD BEETS</p>	<p>THURSDAY 27 CHEESE LASAGNA TOMATO SAUCE BROCOLLI FLORETS TOSSED SALAD W/CHICKPEAS</p>	<p>Friday 28 ROAST TURKEY & GRAVY SWEET POTATOES CAULIFLOWER</p>
				<p>Information and Reservations Call: 337-0390 www.eastchester.org/seniorservices</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.