

TOWN OF EASTCHESTER

SENIOR CENTER AT LAKE ISLE

HOME DELIVERED MEALS

337-0390

March-17

RESERVATIONS
REQUIRED. MENU
SUBJECT TO CHANGE.

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Sesame Baked Flounder, Baked Sweet Potato, Broccoli, Fresh Fruit	Beef Burgundy, Au Gratin Potatoes, Creamed Spinach, Mango Chunks	Cheese Lasagna, Broccoli w/Lemon & Garlic, Tossed Salad w/Chickpeas, Sliced Peaches
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Salisbury Steak, Mashed Sweet Potatoes, Brussel Sprouts, Fruit Cocktail	Chicken Marsala, Linguine w/Olive Oil & Garlic, Green Beans, Fresh Fruit	Breaded Pork Chop, Roasted Potatoes, Mixed Vegetables, Pineapple Chunks	Roast Turkey, Buttered Grits, Peas & Carrots, Fresh Fruit	Eggplant Parmigiana, Lemon Garlic Broccoli, Tossed Salad w/Chickpeas
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Sole Florentine, Roasted Potatoes, Mixed Vegetables, Pitted Plums	Italian Chicken Sausage w/Peppers & Onions, Potato Wedges, Green Beans, Fruit Medley	Spaghetti and Meatballs, Tossed Salad, Pineapple Chunks	Crispy Baked Chicken, Kale & Onions, Mashed Potatoes, Fresh Fruit	Corned Beef & Cabbage, Boiled Potatoes, Carrots, Cookies
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Breaded Chicken Cutlet, Roasted Potatoes, Sautéed Asparagus, Paradise Fruit Blend	Meatloaf, Sweet Potato, Crumb Baked Cauliflower, Fresh Fruit	Manicotti, Garlic Broccoli, Tossed Salad w/Chickpeas, Chocolate Cake	Broccoli Quiche, Roasted Potatoes, Carrots, Mandarin Orange Segments	Baked Cod, Quinoa & Kale, Corn Nibbles, Fresh Fruit
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
Pepper & Onion Frittata, Home Fried Potatoes, Glazed Carrots, Pitted Plums	Yankee Pot Roast, Mashed Sweet Potatoes, Mixed Vegetables, Fruit Cocktail	German Style Pork Chop, Sauerkraut, Roasted Potatoes, Green Beans, Mango Chunks	Baked Pesto Chicken, Couscous, Spinach, Fresh Fruit	Stuffed Shells, Broccoli, Tossed Salad w/Chickpeas, Sliced Peaches