

THE NUTRITION CENTER AT LAKE ISLE
Peter Basha, Director

September

HDM Menu 2019

TOWN OF EASTCHESTER
Supervisor Anthony S. Colavita

MONDAY 2 NUTRITION CENTER CLOSED LABOR DAY	TUESDAY 3 TURKEY PASTA BAKE ZUCCNINI	WEDNESDAY 4 COUNTRY CAPTAIN CHICKEN RICE PILAF CARROTS	THURSDAY 5 BONELESS BREADED PORK CHOP MASHED SWEET POTATOES GREEN CABBAGE	FRIDAY 6 EGGPLANT PARMIGIANA W/ SAUCE BROCCOLI TOSSED SALAD
MONDAY 9 TILAPIA WITH LEMON SAUCE CORN NIBLETS GREEN BEANS	TUESDAY 10 CHICKEN RATATOUILLE ROASTED POTATOES SPINACH	WEDNESDAY 11 CHEESE LASAGNA W/SAUCE BROCCOLI TOSSED SALAD	THURSDAY 12 SWEET & SOUR PORK WHITE RICE ORIENTAL VEGETABLES	FRIDAY 13 SPINACH QUICHE GERMAN POTATO SALAD MIXED VEGETABLE
MONDAY 16 STUFFED PEPPER MASHED POTATOES & GRAVY CARROTS	TUESDAY 17 BONELESS BREADED PORK CHOP BAKED SWEET POTATOE GREEN CABBAGE	WEDNESDAY 18 HERB ROASTED CHICKEN BROWN RICE GREEN BEANS	THURSDAY 19 EGGPLANT PARMIGIANA TOMATO SAUCE BROCCOLI	FRIDAY 20 SALMON CAKES W/ DILL SAUCE LENTIL PILAF MEDITERRANEAN VEGETABLES
MONDAY 23 SALISBURY STEAK & GRAVY ROASTED POTATOES MIXED VEGETABLES	TUESDAY 24 ROAST TURKEY & GRAVY CREAMED SPINACH HARVARD BEETS	WEDNESDAY 25 GROUND BEEF & CABBAGE BROWN RICE TOSSED SALAD	THURSDAY 26 BAKED SOLE ROASTED POTATOES GREEN BEANS	FRIDAY 27 CHICKEN FIESTA RED BEANS AND RICE MIXED VEGETABLES
MONDAY 30 EGGPLANT PARMIGIANA PENNE W/TOMATO SAUCE BROCCOLI				660 White Plains Road Eastchester, NY 10709 Information and Reservations Call: 337-0390 www.eastchester.org/seniorservices

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.