

**TOWN OF EASTCHESTER  
SENIOR CENTER AT LAKE ISLE**

NUTRITION

**337-0390**

IF YOU HAVE A FOOD  
ALLERGY PLEASE  
INFORM THE NUTRITION  
SITE MANAGER

**July, 2018**

RESERVATIONS  
REQUIRED. MENU  
SUBJECT TO CHANGE.

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Broccoli & Cheese Quiche, Whole Wheat Pasta/w Pesto, Glazed Carrots, Sliced Peaches	Roast Chicken w BBQ Sauce, Baked Beans, Colelaw, Fresh Fruit	4th Holiday	Italian Tuna Salad, Tossed Salad, German Potato Salad, Watermelon	Roast Turkey, Sweet Potato, Crumb Baked Cauliflower, Fresh Fruit
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Stuffed Pepper, Cauliflower Mash, Peas & Onions, Sugar Cookies	Roasted Chicken w Honey Mustard Sauce, Rice Pilaf, Baby Carrots, Seasonal Fresh Fruit	Salmon Burger, Quinoa & Kale, Wax Beans, Pineapple Chunks	Meatloaf w Gravy, Mashed Sweet Potatoes, Yellow Squash, Fruit Gelatin w Whipped Topping	Ham and Cheese Sandwich, Lettuce Sliced Tomato, Black Bean & Corn Salad, Strawberries and Sliced Bananas
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Cheese Lasagna, Broccoli, Tropical Fruit Cocktail	Boneless Breaded Pork Chop, Mashed Potatoes, Mixed Vegetables, Apricot Halves	Roast Turkey Sandwich, Coleslaw, Garbanzo Bean Salad, Sliced Peaches	CENTER CLOSED POOL LUNCH Egg Salad, Carrot Raisin Salad, Fresh Fruit	CENTER CLOSED POOL LUNCH Ham Sandwich, Coleslaw, Apricot Halves
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Italian Chicken Sausage, Roasted Potatoes, Zucchini, Chocolate Chip Cookies	Egg Salad Sandwich, Carrot Raisin Salad, Beet Salad, Fresh Sliced Melon	Italian Meatballs, Spaghetti, Broccoli, Pineapple Chunks	Chicken Ratatouille, Brown Rice, Green Beans, Strawberries and Bananas	CENTER CLOSED POOL LUNCH change menu Mozzarella Sandwich w Basil Pesto, Veggie Salad, Pitted Plums
MONDAY 30	TUESDAY 31			
Sole Florentine w Lemon Butter Sauce, Bowtie Pasta w Pesto, Stewed Tomatoes, Apricot Halves	Sweet & Sour Pork, Buttered Brown Rice, Oriental Veggies, Mango Chunks			