

TOWN OF EASTCHESTER
SENIOR CENTER AT LAKE ISLE
 NUTRITION CENTER
 337-0390

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

February-18

RESERVATIONS
 REQUIRED. MENU
 SUBJECT TO CHANGE.

				THURSDAY 1	FRIDAY 2
				Manicotti w/Tomato Sauce, Broccoli, Tossed Salad w/Chickpeas, Pineapple Chunks	Roast Turkey, Baked Sweet Potato, Crumbed Cauliflower, Fresh Fruit
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	
Stuffed Pepper, Mashed Potatoes, Peas & Carrots, Paradise Fruit Blend	Baked Pesto Chicken, Linguini w/Olive Oil, Lemon Garlic Broccoli, Fresh Fruit	Roast Turkey, Sweet Potatoes, Mediterranean Vegetables, Apple Pie	Pork Chop, Roasted Potatoes, Green Beans, Sliced Peaches	Beef Burgundy, Buttered Noodles, Creamed Spinach, Fresh Fruit	
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	
Broccoli & Cheese Quiche, Buttered Brown Rice, Stewed Tomatoes, Fruit Cocktail	Chicken Gumbo, Rice & Pigeon Peas, Caribbean Mixed Vegetables, Cookies	Ravioli w/Tomatoe Sauce, Broccoli, Tossed Salad w/Chickpeas, Chocolate Cake	Boneless Pork Chop, Roasted Potatoes, Red Cabbage, Fresh Fruit	Sole Florentine, Rice Pilaf, Glazed Carrots, Pitted Plums	
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	
SENIOR CENTER CLOSED	Baked Ham w/Raisin Sauce, Sweet Potatoes, Peas & Mushrooms, Pineapple Chunks	Chicken Chow Mein, White Rice, Tuscan Blend Vegetables, Coconut Cake	Baked Salmon, Baked Potatoes, Green Beans, Fresh Fruit	Eggplant Parmigian, Linguini w/Pesto, Tossed Salad w/Chickpeas, Cake	
MONDAY 26	TUESDAY 27	WEDNESDAY 28			
Macaroni & Cheese, Stewed Tomatoes, Green Beans, Sliced Pears	Orange Chicken, Mashed Potatoes, Broccoli Florets, Carrot Cake	Swedish Meatballs, Buttered Noodles, Peas & Onions, Fresh Fruit			