

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

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

January-18

RESERVATIONS
 REQUIRED. MENU
 SUBJECT TO CHANGE.

	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
HAPPY NEW YEAR!!!!	Crispy Baked Fish, Lentil Pilaf, Glazed Carrots, Pineapple Chunks	Chicken Cordon Bleu, Scalloped Potatoes, Mediterranean Mixed Vegetables, Boston Crème Pie	Cheese Lasagna, Broccoli Florets, Tossed Salad w/Chickpeas, Fresh Fruit	Pork Chop, Mashed Potatoes, Peas & Carrots, Sliced Peaches
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Salisbury Steak, Cauliflower Mash, Peas & Onions, Sliced Peaches	Pasta w/Chicken, Broccoli & Garlic, Carrots, Tossed Salad w/Chickpeas, Fresh Fruit	Sweet & Sour Pork, Buttered Noodles, Green Beans, Pineapple Chunks	Baked Flounder Oregonata, Lemon Orzo Pilaf, Tuscan Mixed Vegetables, Pitted Plums	Roast Turkey, Baked Sweet Potato, Brussel Sprouts, Pumpkin Pie
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
CENTER CLOSED MARTIN LUTHER KING DAY	Knockwurst, Sauerkraut, Baked Beans, Green Beans, Mango Chunks	Crispy Baked Chicken, Macaroni & Cheese, Collard Greens, Coconut Cake	Pork Cutlet w/Picatta Sauce, Mashed Potatoes, Mixed Vegetables, Fresh Fruit	Beef Chili, Brown Rice, Spinach, Paradise Fruit Blend
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Sole Florentine, Lentil Pilaf, Stewed Tomatoes, Sliced Peaches	Mexican Lasagna, Spinach, Cranberry Juice, Fresh Fruit	Boneless Pork Chop, Lemon Potatoes, Carrots, Mandarin Orange Segments	Tuscan Style Chicken, Rice Pilaf, Spinach, Paradise Fruit Blend	Spaghetti w/Meatballs, Broccoli w/Garlic, Cake
MONDAY 29	TUESDAY 30	WEDNESDAY 31		
Italian Chicken Sausage, Peppers & Onions, Pitted Plums	Beef Stew, Buttered Rice, Green Beans, Pound Cake	Baked Salmon, Baked Potato, Tuscan Mixed Vegetables, Mango Chunks		