

TOWN OF EASTCHESTER

SENIOR CENTER AT LAKE ISLE

NUTRITION

337-0390

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

June, 2018

RESERVATIONS
REQUIRED. MENU
SUBJECT TO CHANGE.

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 1
				POOL SIDE LUNCH Chicken Salad Sandwich, Carrot Raisin Salad, Fresh Fruit
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Sole Florentine, Parslied Israeli Couscous, Stewed Tomatoes, Pitted Plums	Swedish Meatballs, Buttered Noodles, Green Bean Casserole, Fresh Fruit	Chicken Curry, White Rice w/Peas, Spinach, Mango Chunks	POOL SIDE LUNCH Mozzarella Tomato & Pesto, Garbanzo Bean Salad, Sliced Peaches	Roast Turkey, Sweet Potato, Crumb Baked Cauliflower, Fresh Fruit
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Italian Chicken Sausage, Sauteed Red & Green Bell Peppers, Roasted Potatoes, Mandarin Orange Segments	CENTER CLOSED	Baked Chicken Pesto, Orzo Pilaf, Tuscan Vegetables, Strawberries & Sliced Bananas	POOL SIDE LUNCH Tuna Salad Sandwich, Macaroni Salad, Pitted Plums	CENTER CLOSED
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Crispy Baked Fish, Cheesy Grits, Glazed Carrots, Mango Chunks	CENTER CLOSED	German Pork Chop, Sauerkraut, Roasted Potatoes, Spinach, Banana Cake	CENTER CLOSED	Spaghetti w/Italian Meatballs, Broccoli, Fruited Gelatin w/Whipped Topping
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Salisbury Seak, Mashed Sweet Potato, French Style Green Beans, Sliced Peaches	Egg Salad Sandwich, Cucumner Salad, Beet Salad, Fresh Melon	SENIOR CENTER CLOSED	Baked Salmon, Brown Rice, Caribbean Vegetables, Tapioca Pudding	Eggplant Parmigiana, Spinach, Tossed Salad w/ Spinach, Cake