

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

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

October-17

RESERVATIONS
 REQUIRED. MENU
 SUBJECT TO CHANGE.

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Flounder Oreganata, Quinoa & Kale, Peas & Carrots, Mango Chunks	Chicken Fiesta, Read Beans & Rice, Spinach, Fresh Fruit	Knockwurst, Sauerkraut, German Potato Salad, Green Beans, Cake	Pork Tenderloin, Apples & Apple Cider Gravy, Scalloped Potatoes, Green Beans, Sliced Peaches	Spaghetti w/Meatballs, Broccoli w/Garlic, Boston Cream Pie
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
SENIOR CENTER CLOSED	Crispy Baked Fish, Buttered Grits, Kale & Onions, Paradise Fruit Medley	Breaded Pork Chop, Mashed Sweet Potato, Brussels' Sprouts, Pineapple Chunks	CENTER CLOSED	Beef Sauerbraten, Potato Pancakes, Red Cabbage, German Coffee Cake
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Zucchini & Cheese Frittata, Home Fried Potatoes, Baby Carrots, Fruit Cocktail	Baked Ziti w/Ground Beef, Tossed Salad, Broccoli Florets, Fresh Fruit	Salmon Patty, Quinoa & Kale, Sautéed Mushrooms, Mango Chunks	Maple Pulled Chicken, Cauliflower Mash, Harvard Beets, Pumpkin Pie	CENTER CLOSED
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Italian Chicken Sausage, Peppers & Onions, Tater Tots, Pineapple Chunks	Meatloaf, Mashed Potatoes, Peas & Carrots, Vanilla Pudding	Eggplant Parmigian, Whole Wheat Pasta, Broccoli Florets, Pitted Plums	CENTER CLOSED	CENTER CLOSED
MONDAY 30	TUESDAY 31			
Macaroni & Cheese, Stewed Tomatoes, Green Beans, Sliced Pears	Orange Chicken, White Rice, Broccoli Florets, Carrot Cake			