

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

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

September-17

RESERVATIONS
 REQUIRED. MENU
 SUBJECT TO CHANGE.

				FRIDAY 1
				Sole Florentine, Lemon Butter Sauce, Lentil Pilaf, Baby Carrots, Fresh Fruit
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
SENIOR CENTER CLOSED	Salisbury Steak, Roasted Potatoes, Spinach, Pineapple Chunks	Pasta w/Chicken & Broccoli in Garlic Sauce, Tossed Salad w/Chick Peas, Carrots, Chocolate Pudding	Tuna Salad Sandwich, Cucumber Salad, Beet Salad, Apricot Halves	Roast Turkey, Sweet Potato, Peas & Onions, Fresh Fruit
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Italian Chicken Sausage, Baked Beans, Coleslaw, Brownie	Meatloaf, Mashed Potatoes, Kale & Onions, Fresh Fruit	Grilled Chicken Caesar Salad, Romaine Lettuce, Carrot Raisin Salad, Pineapple Chunks	SENIOR CENTER CLOSED	Eggplant Parmigiana, Whole Wheat Pasta, Broccoli Florets, Sliced Peaches
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Broccoli & Cheese Quiche, Home Fried Potatoes, Stewed Tomatoes, Paradise Fruit Blend	Crispy Baked Fish, Cauliflower Mash, Collard Greens, Butterscotch Pudding	Beef Brisket, Carrot Tzimmes, Noodle Kugel, Apple Pie	Tuscan Style Baked Chicken, Bowtie Pesto Pasta, Yellow Squash, Fresh Fruit	Roast Turkey, Fresh Sweet Potato, Green Bean Almondine, Pumpkin Pie
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Chicken Cutlet, Marsala Sauce, Roasted Potatoes, Broccoli, Sliced Peaches	Mediterranean Beef Stew, Buttered Noodles, Green Beans, Fresh Fruit	Stuffed Shells, Tossed Salad w/Chickpeas, Spinach, Mandarin Orange Segments	Balsamic Glazed Salmon, Picatta Sauce, Sweet Potato, Fresh Fruit	SENIOR CENTER CLOSED