

**TOWN OF EASTCHESTER
SENIOR NUTRITION CENTER AT LAKE ISLE**

337-0390

OCTOBER, 2018

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

**RESERVATIONS REQUIRED
MENU SUBJECT TO CHANGE**

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
EGGPLANT PARMIGIANA WHOLE WHEAT PENNE SPINACH FRUIT COCKTAIL	CHICKEN CHOW MEIN BROWN RICE ORIENTAL VEGETABLES MANDARIN ORANGE SEGMENTS	SAUERBRATEN GERMAN POTATO SALAD RED CABBAGE GERMAN CHOCOLATE CAKE	TILAPIA VERACRUZ RED BEANS & RICE GREEN BEANS FRESH FRUIT	ROAST TURKEY & GRAVY SWEET POTATOES CALIFLOWER PINEAPPLE
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
CHEESE LASAGNA TOSSED SALAD W/CHICKPEAS BROCCOLI SLICED PEACHES	CHICKEN FRANCESE ROASTED POTATOES GREEN BEANS FRESH FRUIT	LAMB CURRY WHITE RICE SPINACH FRESH FRUIT	FLOUNDER PICATA COUS COUS & PEAS CARROTS W/DILL SLICED PEARS	BREADED POK CHOP MASHED POTATOES VEGETABLE MEDELY FRESH FRUIT
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
BAKED COD SUCCOTASH KALE & ONIONS MANGO CHUNKS	MEATLOAF & GRAVY MASHED POTATOES PEAS & CARROTS APPLESAUCE	CHICKEN & BROCCOLI W/ PASTA IN GARLIC SAUCE CARROTS BIRTHDAY CAKE	ROAST TURKEY & GRAVY STUFFING CREAMED SPINACH PUMPKIN PIE	BAKED HAM SWEET POTATOES GREEN BEAN CASSEROLE PINEAPPLE
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
KNOCKWURST & SAUERKRAUT BAKED BEANS CORN NIBBLETS APRICOT HALVES	SPECIAL MENU	SWEET & SOUR PORK BROWN RICE BROCCOLI FRESH FRUIT	SALMON CAKE LEMON BUTTER SAUCE COUS COUS W/ PESTO TUSCAN VEGETABLES LINTEL SOUP SLICED PEACHES	SPAGHETTI & MEATBALLS TOMATO SAUCE TOSSED SALAD W/CHICKPEAS LAYER CAKE
MONDAY 29	TUESDAY 30	WEDNESDAY 31		
SPINACH QUICHE STEWED TOMATOES BROCCOLI SLICED PEARS	PORK CHOP & SAUERKRAUT SWEET POTATO CAULIFLOWER APPLESAUCE	VEAL GHOULASH BROWN RICE W/PEAS GLAZED CARROTS CARROT CAKE		