

THE NUTRITION CENTER AT LAKE ISLE

Peter Basha, Director

September Menu 2019

TOWN OF EASTCHESTER

Supervisor Anthony S. Colavita

<p>MONDAY 2 NUTRITION CENTER CLOSED LABOR DAY</p>	<p>TUESDAY 3 TURKEY PASTA BAKE ZUCCHINI</p>	<p>WEDNESDAY 4 COUNTRY CAPTAIN CHICKEN RICE PILAF CARROTS</p>	<p>THURSDAY 5 BONELESS BREADED PORK CHOP MASHED SWEET POTATOES GREEN CABBAGE</p>	<p>Friday 6 EGGPLANT PARMIGIANA TOMATO SAUCE BROCCOLI TOSSED SALAD Garth Road Open 771-3340</p>
<p>MONDAY 9 TILAPIA WITH LEMON SAUCE CORN NIBLETS GREEN BEANS</p>	<p>TUESDAY 10 CHICKEN RATATOUILLE ROASTED POTATOES SPINACH</p>	<p>WEDNESDAY 11 CHEESE LASAGNA W/SAUCE BROCCOLI TOSSED SALAD Garth Road Open 771-3340</p>	<p>THURSDAY 12 SWEET & SOUR PORK WHITE RICE ORIENTAL VEGETABLES</p>	<p>Friday 13 SPINACH QUICHE GERMAN POTATO SALAD MIXED VEGETABLE</p>
<p>MONDAY 16 STUFFED PEPPER MASHED POTATOES & GRAVY CARROTS</p>	<p>TUESDAY 17 BONELESS BREADED PORK CHOP BAKED SWEET POTATOE GREEN CABBAGE</p>	<p>WEDNESDAY 18 HERB ROASTED CHICKEN BROWN RICE GREEN BEANS</p>	<p>THURSDAY 19 HAM SANDWICH BEET SALAD JUICE POOLSIDE LUNCH</p>	<p>Friday 20 SALMON CAKES W/ DILL SAUCE LENTIL PILAF MEDITERRANEAN VEGETABLES</p>
<p>MONDAY 23 SALISBURY STEAK & GRAVY ROASTED POTATOES MIXED VEGETABLES</p>	<p>TUESDAY 24 ROAST TURKEY & GRAVY CREAMED SPINACH HARVARD BEETS</p>	<p>WEDNESDAY 25 GROUND BEEF & CABBAGE BROWN RICE TOSSED SALAD</p>	<p>THURSDAY 26 NUTRITION CENTER CLOSED FOXWWOD TRIP</p>	<p>Friday 27 CHICKEN FIESTA RED BEANS AND RICE MIXED VEGETABLES</p>
<p>MONDAY 30 EGGPLANT PARMIGIANA PENNE W/TOMATO SAUCE BROCCOLI</p>				<p>660 White Plains Road Eastchester, NY 10709 Information and Reservations Call: 337-0390 www.eastchester.org/seniorservices</p>

Funded by the Town of Eastchester, Westchester County Department of Senior Programs and Services, New York State Office for Aging and the U.S. Administration on Aging.
Suggested voluntary contribution: Residents \$3.00, Non-Residents \$4.00. Contributions are made anonymously. No one 60 years or older is denied lunch due to inability to pay.
If you are unable to meet the suggested amount, we ask that you contribute whatever amount you feel you can afford.
All contributions go directly back into the nutritional program to help pay for meals and other meal program expenses to pay.