

# OCTOBER 2017

## Riverhead Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHICKEN MARSALA WILD RICE BRUSSEL SPROUTS	3 STUFFED SHELLS MEAT SAUCE ZUCHINI	4 LOW SODIUM TURKEY ON RYE BREAD ROMAINE SALAD COLE SLAW	5 PORK LOIN EGG NOODLES RED CABBAGE	6 KRABBY CAKE MAC & CHEESE BROCCOLI & CAULIFLOWER
9 <b><u>CENTER CLOSED</u></b> <b><u>COLUMBUS DAY</u></b>	10 CHICKEN PARMESAN PENNE PASTA ITALIAN GREEN BEANS	11 LOW SODIUM HAM & AMERICAN / WHEAT 3 BEAN SALAD ROMAINE SALAD	12 SHEPHERDS PIE W/ MASHED POTATO PEAS & CARROTS RYE BREAD	13 BATTER DIPPED COD RICE PILAF ASPARAGUS
16 LEMON CHICKEN VEGETABLE RICE BROCCOLI & CAULIFLOWER	17 SAUSAGE & PEPPERS RICE TOMATO W/ ZUCCHINI	18 TUNA SALAD OVER ROMAINE MACARONI SALAD BEET SALAD	19 CHICKEN FRANCESE BAKED POTATO GREEN BEANS <b><u>PRE REGISTER FOR</u></b> <b><u>90 AND OVER PARTY</u></b>	20 STUFFED SOLE KALE W/ GARLIC MAC & CHEESE
23 CHICKEN CORDON BLEU SWEET POTATO SPINACH	24 STUFFED CABBAGE RICE ITALIAN BEANS	25 CHICKEN SALAD OVER ROMAINE PASTA SALAD COLE SLAW	26 MEATLOAF W/ GRAVY MASHED POTATO BRUSSEL SPROUTS	27 POTATO CRUSTED COD VEGETABLE RICE ITALIAN BLEND VEGGIES
30 OVEN FRIED CHICKEN TRI COLOR POTATO COLLARD GREENS	31 PIZZA SALAD APPLE CRISP <b><u>PRE REGISTER FOR</u></b> <b><u>HALLOWEEN SPECIAL</u></b>	<b><u>ATTENTION PLEASE!!</u></b>  <b><u>LUNCH SERVED</u></b> <b><u>AT 12:15</u></b> <b><u>ON WEDNESDAYS</u></b>		

**SORRY!!!!... MENU IS SUBJECT TO CHANGE WITHOUT NOTICE !!**

722-4444 EXT. 290