





APRIL 2018

Riverhead Senior Center 631-722-4444

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHICKEN MARSALA WHITE RICE W/ PEAS CAULIFLOWER	3 MEATBALLS BROWN GRAVY EGG NOODLES ZUCCHINI	4 CHICKEN SALAD ON RYE ROMAINE SALAD PASTA SALAD	5 BEEF STEW W/ POTATO CARROTS EGG NOODLES	6 BATTERED COD WILD RICE ASPARAGUS
9 SMOTHERED CHICKEN W/ ONIONS & PEPPERS & MOZZ ROASTED POTATO SPINACH	10 STUFFED SHELLS MEAT SAUCE ESCAROLE	11 HAM STEAK SWEET POTATO BRUSSEL SPROUTS	12 PORK LOIN EGG NOODLES RED CABBAGE	13 POTATO CRUSTED COD CORN BROCCOLI
16 CHICKEN CORDON BLEU WILD RICE OKRA W/ TOMATO	17 ITALIAN MEATBALLS PASTA STRING BEANS	18 TUNA SALAD ON WHEAT ROMAINE SALAD MACARONI SALAD	19 HOT TURKEY W/ GRAVY STUFFING ASPARAGUS	20 STUFFED SOLE POTATO AU GRATIN COLLARD GREENS
23 QUARTER BAKED CHICKEN SWEET POTATO BROCCOLI	24 SAUSAGE & PEPPERS RICE ITALIAN BEANS	25 TURKEY ON WHEAT ROMAINE SALAD BEET SALAD	26 MEAT LOAF W/ GRAVY ROASTED POTATO CAULIFLOWER	27 KRABBY CAKE MAC & CHEESE CARROTS
30 OVEN FRIED CHICKEN SWEET POTATO WEDGES COLLARD GREENS				

SORRY MENU IS SUBJECT TO CHANGE WITHOUT NOTICE!!