

# AUGUST 2017

## Riverhead Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 STUFFED PEPPERS RICE COLLARD GREENS	2 CHICKEN SALAD ROMAINE SALAD CARROT SALAD	3 HOT TURKEY GRAVY/STUFFING MASHED POTATOE BROCCLI/CAULIFLOWER	4 POTATO CRUSTED COD SUCCOTASH ASPARAGUS
7 CHICKEN CORDON BLEU MASHED SWEET POTATO BRUSSEL SPROUTS	8 CHEESE LASAGNA W/ MEAT SAUCE ZUCCHINI	9 ROAST BEEF SANDWICH PICKLED BEETS ROMAINE SALAD	10 MEATLOAF/GRAVY MASHED POTATO SPINACH	11 STUFFED SOLE MAC & CHEESE ESCAROLE
14 LEMON CHICKEN EGG NOODLES BROCCOLI/CAULIFLOWER	15 CHICKEN PARM PENNE PASTA ITALIAN GREEN BEANS W/ RED PEPPERS	16 CHEF SALAD W/ HAM & TURKEY CHEESE, HARD BOILED EGGS MACARONI SALAD	17 BBQ RIBS FRESH STRING BEANS ROMAINE SALAD <b><u>LUAU PARTY</u></b> <b><u>MUST PRE REGISTER !!</u></b>	18 BATTER DIPPED COD OKRA/STEWED TOMATO RICE
21 1/4 BAKED CHICKEN GARDEN VEGGIE RICE ASPARAGUS	22 ITALIAN MEATBALLS SPAGHETTI BRUSSEL SPROUTS	23 TUNA SALAD ON ROMAINE MACARONI SALAD BEET SALAD	24 SHEPHERDS PIE MASHED POTATO PEAS & CARROTS	25 KRABBY CAKE WILD RICE BROCCLI CAULIFLOWER
28 OVEN FRIED CHICKEN TRI COLORED POTATO COLLARD GREENS	29 PEPPER STEAK RICE ZUCCHINI	30 CHICKEN SALAD OVER ROMAINE COLESLAW 3 BEAN SALAD	31 HAM STEAK SWEET POTATO SPINACH	

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

722-4444 EXT. 290