

JULY 2019

Riverhead Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1/4 BBQ CHICKEN STUFFING CAULIFLOWER	2 L.S. CHEESEBURGER GREEN PEAS BROCCOLI	3 CHEF SALAD HARD BOILED EGG MEXICAN BEAN SALAD	4 <u>CENTER CLOSED</u> <u>4TH OF JULY</u>	5 POTATO CRUSTED COD VEGGIE RICE STRING BEANS
8 SWEDISH MEATBALLS EGG NOODLES SPINACH W/ GARLIC	9 FRENCH ONION CHICKEN RICE PILAF SNAP PEAS	10 L.S. TURKEY & SWISS SANDWICH ON WHEAT COLESLAW TOMATO/CUKE SALAD	11 SWEET /SOUR CHICKEN RED POTATO CARROTS	12 <u>11:30 TO 2:30</u> <u>MONTHLY PARTY</u> <u>PRE REGISTER!!</u>
15 CHICKEN CORDON BLEU ROASTED POTATO BRUSSEL SPROUTS	16 ITALIAN MEATBALLS SPAGHETTI STRING BEANS	17 CHICKEN SALAD OVER ROMAINE 3 BEAN SALAD MACARONI SALAD	18 HOT TURKEY/ GRAVY STUFFING SPINACH W/ GARLIC	19 KRABBY CAKE MAC & CHEESE OKRA W/ GARLIC
22 L.S. HAM STEAK SWEET POTATO WINTER BLEND VEGGIE	23 BALSAMIC CHICKEN W/ MOZZARELLA & ROASTED RED PEPPERS WILD RICE BROCCOLI	24 SEAFOOD SALAD OVER ROMAINE TRI COLR PASTA SALAD COLESLAW	25 MEATLOAF MASHED POTATO MIXED VEGETABLES	26 SHRIMP SCAMPI RICE PILAF SNAP PEAS
29 OVEN FRIED CHICKEN ROASTED POTATO COLLARD GREENS CORN BREAD	30 CHICKEN PARMESAN SPAGHETTI BROCCOLI	31 L.S. HAM & SWISS ON RYE BEET SALAD TOMATO / CUKE SALAD		

MENU IS SUBJECT TO CHANGE AND MAY BE DIFFERENT FOR MEALS ON WHEELS