





NOVEMBER 2017

Riverhead Senior Center 727-4444

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 LOW SODIUM TURKEY ON RYE BREAD ROMAINE SALAD 3 BEAN SALAD	2 HAM STEAK WITH PINEAPPLE BAKED BEANS CAULIFLOWER	3 KRABBY CAKE MAC & CHEESE COLLARD GREENS
6 BBQ BAKED CHICKEN BAKED POTATO BRUSSEL SPROUTS	7 CLOSED ELECTION DAY 	8 TUNA SALAD OVER ROMAIN MACARONI SILD BEET SALAD	9 SWEDISH MEATBALLS EGG NOODLES BROCCOLI	10 CLOSED VETERANS DAY 
13 CHICKEN CUTLET W/COUNTRY GRAVY EGG NOODLES ITALIAN VEGETABLES	14 STUFFED PEPPERS WHITE RICE ZUCCHINI	15 CHEF SALAD OVER ROMAIN HARD BOILED EGG POTATO SALAD	16 HOT LOW SODIUM TURKEY GRAVY/STUFFING MASHED POTATO GLAZED CARROTS APPLE PIE	17 POTATO CRUSTED COD VEGETABLE RICE SPINACH W/GARLIC
20 CHICKEN CORDON BLEU SWEET POTATO BRUSSEL SPROUTS	21 CHICKEN PARMESAN PENNE PASTA BROCCOLI/ CAULIFLOWER	22 LOW SODIUM HAM & SWISS ON RYE COLESLAW ROMAINE SALAD	23 CLOSED THANKSGIVING DAY 	24 CLOSED 
27 OVEN FRIED CHICKEN TRI COLOR POTATOES COLLARD GREENS	28 MEATBALL STROGANOFF EGG NOODLES STRING BEANS	29 CHICKEN SALAD OVER ROMAIN TOMATO/CUCUMBER SALAD 3 BEAN SALAD	30 MEATLOAF W/ GRAVY MASHED POTATO BRUSSEL SPROUTS	

SORRY!...MENU SUBJECT TO CHANGE WITHOUT NOTICE