

JULY 2017

Riverhead Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHICKEN CORDON BLEU SWEET POTATO BRUSSEL SPROUTS	4 <u>CENTER CLOSED</u>	5 LOW SODIUM TURKEY ON RYE ROMAINE SALAD GREEN BEAN SALAD	6 ROAST BEEF BAKED POTATO ITALIAN BEANS W/ RED PEPPERS	7 BATTER DIPPED COD RICE BROCCOLI SUCCOTASH
10 CHICKEN PICATTA RICE PILAF BROCCOLI/CAULIFLOWER IN LEMON SAUCE	11 ITALIAN MEATBALLS SPAGHETTITI TOMATO/ZUCCHINI	12 CHICKEN SALAD ON WHEAT BREAD ROMAINE SALAD TOMATO/CUKE SALAD	13 BONELESS PORKCHOPS GRAVY POTATO PANCAKE BRUSSEL SPROUTS	14 POTATO CRUSTED COD RICE OKRA 7 STEWED TOMATO
17 1/4 BAKED CHICKEN RICE GARDEN VEGETABLE ASPARAGUS	18 EGGPLANT ROLLATINI PASTA MEAT SAUCE ITALIAN BEANS	19 TUNA SALAD ON WHEAT BREAD ROMAINE SALAD 3 BEAN SALAD	20 <u>SENIOR PROM !!!</u> <u>PRE REGISTER!!!</u> PRIME RIB BAKED POTATO BROCCOLI	21 STUFFED SOLE MAC & CHEESE ESCAROLE
24 CHICKEN MARSALA WILD RICE BROCCOLI	25 SAUSAGE & PEPPERS RICE CAULIFLOWER	26 LOW SODIUM HAM & SWISS ON WHEAT ROMAINE SALAD BEET SALAD	27 MEATBALL STROGANOFF EGG NOODLES BRUSSEL SPROUTS	28 KRABBY CAKE ROASTED SWEET POTATO ASPARAGUS
31 OVEN FRIED CHICKEN TRI COLORED POTATO COLLARD GREENS CORN BREAD				
SORRY!!!.... MENU IS SUBJECT TO CHANGE WITHOUT NOTICE !! 722-4444 EXT. 290				