

MAY 2017

Riverhead Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHICKEN MARSALA RICE BRUSSEL SPROUTS	2 EGGPLANT ROLLATINI W/ MEAT SAUCE PASTA SPINACH	3 FLOUNDER SWEET POTATO CAULIFLOWER/PEAS	4 HOT ROAST BEEF MASHED POTATO BROCCOLI	5 INFO FAIR BOX LUNCH
8 CHICKEN CORDON BLEU MAC & CHEESE SPINACH	9 STUFFED PEPPERS RICE BROCCOLI CAULIFLOWER	10 EGG SALAD OVER ROMAINE POTATO SALD 3 BEAN SALAD	11 BAKED PORK CHOP SWEET POTATO ITALIAN BLEND VEGGIE	12 POTATO CRUSTED COD WILD RICE MIXED VEGGIE
15 BAKED CHICKEN MASHED POTATO SPINACH	16 CHICKEN PARM SPAGHETTI COLLARD GREENS	17 CHICKEN SALAD OVER ROMAINE PASTA SALAD TOMATO SALAD	18 SPECIAL LUNCHEON 11:30 TO 2:30 DJ TOM WILL BE HERE	19 STUFFED SOLE MAC & CHEESE SPROUTS
22 OVEN FRIED CHICKEN TRI COLORED POTATO SPINACH	23 LASAGNA W/ MEAT SAUCE BROCCOLI CAULIFLOWER	24 TUNA SALAD OVER ROMAINE MACARONI SALAD PICKLED BEETS	25 MEAT LOAF MASHED POTATO PEAS & CARROTS	26 KRABBY CAKE RICE PILAF MIXED VEGGIE
<u>29</u> <u>CENTER CLOSED</u> <u>MEMORIAL DAY</u>	30 ITALIAN MEATBALLS SPAGHETTI SPINACH	31 LOW SODIUM HAM ON RYE ROMAINE SALAD COLE SLAW		
SORRY!!!... MENU IS SUBJECT TO CHANGE WITHOUT NOTICE !!				
722-4444 EXT. 290				