

SEPTEMBER 2017

Riverhead Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 POTATO CRUSTED COD OKRA STEWED TOMATO RICE
4 <u>CENTER CLOSED</u> <u>LABOR DAY</u>	5 CHICKEN PARM PENNE PASTA ITALIAN GREEN BEANS	6 LOW SODIUM HAM ON RYE 3 BEAN SALAD ROMAINE SALAD	7 ANNUAL PICNIC <u>YOU MUST</u> <u>PRE-REGISTER</u>	8 KRABBY CAKE MAC & CHEESE BROCCOLI & CAULIFLOWER
11 CHICKEN CORDON BLEU ROASTED POTATO ASPARAGUS	12 STUFFED PEPPERS RICE TOMATO & ZUCCHINI	13 LOW SODIUM TURKEY ON WHEAT COLE SLAW ROMAINE SALAD	14 MEATBALL STROGANOFF EGG NOODLES BROCCOLI	15 BATTER DIPPED COD VEGETABLE RICE BRUSSEL SPROUTS
18 1/4 BAKED CHICKEN STUFFING SPINACH	19 EGGPLANT ROLATINI PASTA W/ MEAT SAUCE ESCAROLE	20 TUNA SALAD OVER ROMAINE MACARONI SALAD BEET SALAD	21 MEATLOAF W/ GRAVY MASHED POTATO BRUSSEL SPROUTS	22 STUFFED SOLE MAC & CHEESE KALE W/ GARLIC
25 OVEN FRIED CHICKEN SWEET POTAO COLLARD GREENS	26 ITALIAN MEATBALLS SPAGHETTI ITALIAN GREEN BEANS	27 <u>LUNCH SERVED 12:15</u> CHICKEN SALAD OVER ROMAINE RAINBOW PASTA COLE SLAW	28 LOW SODIUM HAM STEAK SWEET POTATO SPINACH	29 POTATO CRUSTED COD RICE PILAF BROCCOLI CAULIFLOWER
SORRY!!!... MENU IS SUBJECT TO CHANGE WITHOUT NOTICE !! 722-4444 EXT. 290				