

AUGUST 2018

Riverhead Senior Center 631-722-4444

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 TUNA OVER ROMAINE BEET SALAD MACARONI SALAD	2 BEEF STEW EGGNOODLES CARROTS	3 POTATO CRUSTED COD CORN SPINACH VEGGIES
6 CHICKEN CORDON BLEU BAKED SWEET POTATO BRUSSEL SPROUTS	7 EGGPLANT PARM PENNE PASTA ZUCCHINI	8 LOW SODIUM HAM ON WHEAT ROMAINE SALAD 3 BEAN SALAD	9 MEATBALL STROGANOFF EGG NOODLES STRING BEANS	10 BATTER DIPPED COD RICE PILAF BROCCOLI
13 FRENCH ONION CHICKEN WHITE RICE OKRA/TOMATO	14 STUFFED SHELLS ITALIAN BLEND VEGGIE	15 CHICKEN SALAD OVER ROMAINE POTATO SALAD TOMATO/CUKE SALAD	16 HULI HULI CHICKEN W/ PINEAPPLE RICE & BROCCOLI ROMAINE SALAD	17 SEAFOOD SALAD OVER ROMAINE COLESLAW PASTA SALAD
20 LEMON CHICKEN WILD RICE OKRA W/ GARLIC	21 SWEEDISH MEATBALLS EGG NOODLES NORMANDY BLEND	22 CHEF SALAD W/ EGG & CHEESE L.S. HAM & TURKEY POTATO SALAD	23 HOT TURKEY GRAVY STUFFING SPINACH	24 HOME MADE KRABBY CAKE MAC & CHEESE CAULIFLOWER
27 OVEN FRIED CHICKEN ROASTED POTATO COLLARD GREENS	28 CHICKEN SALAD OVER ROMAINE COLESLAW MACARONI SALAD	29 L.S. TURKEY & CHEESE ROLL UPS OVER ROMAINE 3 BEAN SALAD	30 MEAT LOAF W/ GRAVY MASHED POTATO BRUSSEL SPROUTS	31 POTATO CRUSTED COD CORN BROCCOLI

SORRY MENU IS SUBJECT TO CHANGE WITHOUT NOTICE!!