





DECEMBER 2022



Riverhead Senior Center (631) 727-3200 EXT.290

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Happy Holidays</i>		1 SALISBURY STEAK SCALLOPED POTATO BRUSSEL SPROUTS	2 KRABBY CAKE CORN COLLARD GREENS
5 MEATBALL STROGANOFF EGG NOODLES GREEN BEANS	6 CHICKEN PARMESAN PASTA ZUCCHINI	7 L.S. TURKEY & SWISS ROMAINE SALAD COLESLAW	8 BEEF & BROCCOLI RICE BROCCOLI	9 SHRIMP SCAMPI ORZO YELLOW SQUASH SNAP PEAS
12 FRENCH ONION CHICKEN WILD RICE SPINACH	13 SAUSAGE & PEPPERS RED POTATO CAULIFLOWER	14 CHICKEN SALAD OVER ROMAINE BEET SALAD MAC SALAD	15 <u>HOLIDAY PARTY</u> <u>11:00 TO 2:00</u> <u>MUST PRE REGISTER</u>	16 POTATO CRUSTED COD EGGNOODLES KALE W/ ONIONS
19 CHICKEN CORDON BLEU RED POTATO BRUSSEL SPROUTS	20 ITALIAN MEATBALLS PASTA W/ SAUCE ITALIAN BLEND VEGGIE	21 L. S. CHEESEBURGER BROCCOLI MIXED VEGETABLE	22 MEATLOAF W/ GRAVY MASHED POTATO SPINACH	23 BATTER DIPPED COD VEGGIE RICE OKRA W/ GARLIC
26 <u>CENTER CLOSED</u> <u>CHRISTMAS</u> <u>HOLIDAY</u>	27 MANICOTTI W/ MEAT SAUCE BROCCOLI ZUCCHINI	28 SEAFOOD SALAD 3 BEAN SALAD TOMATO & CUKE SALAD	29 ROAST PORK W/ GRAVY EGG NOODLES RED CABBAGE	30 GARLIC SHRIMP RICE PILAF KALE W/ GARLIC

MENU IS SUBJECT TO CHANGE AND MAY BE DIFFERENT FOR MEALS ON WHEELS

