

# OCTOBER 2019

## Riverhead Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 ITALIAN MEATBALLS PENNE PASTA CAULIFLOWER	2 TUNA SALAD OVER ROMAINE MACARONI SALAD 3 BEAN SALAD	3 L.S. CHEESEBURGER CAULIFLOWER BROCCOLI	4 BATTER DIPPED COD RICE PILAF STRING BEANS
7 1/4 BBQ CHICKEN RED POTATOES BRUSSEL SPROUTS	8 BEEF STEW W/ POTATO & CARROTS	9 L.S. TURKEY & SWISS ON WHEAT COLESLAW BEET SALAD	10 HOME MADE CHILI OVER RICE NORMANDY BLEND	<b>11</b> <b><u>90 &amp; OVER PARTY</u></b> <b><u>11:30 TO 2:30</u></b> <b><u>YOU NEED TO</u></b> <b><u>PRE REGISTER</u></b> <b><u>IN OFFICE !!!</u></b>
14 <b><u>CENTER CLOSED</u></b> <b><u>COLUMBUS DAY</u></b>	15 BALSAMIC CHICKEN RICE PILAF CAULIFLOWER BLEND	16 CHICKEN SALAD OVER ROMAINE BEET SALAD TRI COLOR PASTA	17 SHEPHERD'S PIE W/ MASHED POTATO PEAS & CARROTS	18 POTATO CRUSTED COD EGG NOODLES OKRA W/ GARLIC
21 CHICKEN CORDON BLEU SWEET POTATO BRUSSEL SPROUTS	22 STUFFED PEPPERS RICE ZUCCHINI	23 L.S. HAM & SWISS ON BUN COLE SLAW ROMAINE SALAD W V&O	24 HOT TURKEY W/ GRAVY RED POTATO SPINACH	25 SHRIMP SCAMPI EGG NOODLES BROCCOLI
28 OVEN FRIED CHICKEN ROASTED POTATO COLLARD GREENS	29 CHICKEN PARMESAN SPAGHETTI STRING BEANS	30 CHEF SALAD W/ ROMAINE & EGG PASTA SALAD	31 MEAT LOAF W/ GRAVY MASHED POTATO BROCCOLI CAULIFLOWER	

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