




MARCH 2020

Riverhead Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SWEET & SOUR CHICKEN RICE PILAF BROCCOLI	3 ITALIAN MEATBALLS SPAGHETTI STRING BEANS	4 FRENCH ONION CHICKEN BAKED SWEET POTATO ASPARAGUS	5 BEEF GOULASH EGG NOODLES CARROTS	6 BATTERED COD CORN SNAP PEAS
9 CHICKEN CORDON BLEU VEGGIE RICE BRUSSEL SPROUTS	10 SHEPHERD'S PIE MASHED POTATOES PEAS & CARROTS	11 CHICKEN SALAD OVER ROMAINE COLESLAW TRI COLOR PASTA	12 HOT TURKEY W /GRAVY STUFFING SPINACH W/ G&O	13 KRABBY CAKES COLLARD GREENS MAC & CHEESE
16 CHICKEN MARSALA WILD RICE CAULIFLOWER	17 SWEDISH MEATBALLS EGG NOODLES SNAP PEAS	18 CHICKEN PARMESAN PENNE PASTA ZUCCHINI	19 <u>ST. PATRICK'S PARTY</u> <u>11:30 TO 2:30</u> <u>YOU MUST</u> <u>PRE REGISTER</u> <u>A WEEK BEFORE!!</u>	20 POTATO CRUSTED COD ROASTED POTATOES OKRA W/ GARLIC
23 1/4 BBQ CHICKEN BAKED BEANS ITALIAN BLEND	24 L.S. HAM STEAK SWEET POTATOES BRUSSEL SPROUTS	25 CHEF SALAD W/ ROMAINE HARD BOILED EGG PASTA SALAD	26 MEATLOAF W/ GRAVY MASHED POTATO SPINACH W/ G&O	27 SHRIMP SCAMPI RICE PILAF BROCCOLI
30 OVEN FRIED CHICKEN ROASTED POTATO COLLARD GREENS	31 ROAST PORK LOIN RED CABBAGE EGG NOODLES			

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