



MARCH 2023



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 EGGPLANT ROLLATINI SPAGHETTI STRING BEANS ZUCCHINI	2 PULLED PORK SANDWICH BAKED BEANS BROCCOLI	3 SHRIMP SCAMPI VEGGIE RICE SNAP PEAS
6 CHICKEN MARSALA WILD RICE YELLOW SQUASH	7 STUFFED PEPPERS RED POTATOES BRUSSEL SPROUTS	8 L.S. TURKEY & SWISS ROMAINE SALAD BEET SALAD	9 <u>ST PAT'S PARTY</u> <u>11 TO 2</u> <u>YOU MUST PRE</u> <u>REGISTER TO ATTEND</u>	10 KRABBY CAKE CORN COLLARD GREENS
13 CHICKEN CUTLET SANDWICH CAULIFLOWER ITALIAN GREEN BEANS	14 ITALIAN MEATBALLS PASTA ZUCCHINI	15 ROASTED 1/4 CHICKEN POTATOES BRUSSEL SPROUTS	16 HAM STEAK W/ PINEAPPLE SWEET POTATO BROCCOLI	17 POTATO CRUSTED COD EGG NOODLES KALE W/ GARLIC
20 CHICKEN CACCIATORE WHITE RICE BROCCOLI	21 SALISBURY STEAK MASHED POTATO SPINACH	22 CHICKEN SALAD MAC SALAD BEET SALAD	23 SAUSAGE & PEPPERS RED POTATO CAULIFLOWER	24 BATTER DIPPED COD RICE PILAF OKRA W/ GARLIC
27 CHICKEN CORDON BLEU SWEET POTATO BRUSSEL SPROUTS	28 MANICOTTI W/ MEAT SAUCE BROCCOLI ZUCCHINI	29 STUFFED CABBAGE EGG NOODLES GREEN BEANS	30 MEATLOAF MASHED POTATO SPINACH W/ GARLIC	31 TERIYAKI SHRIMP WHITE RICE SNAP PEAS

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

