

JUNE 2019

Riverhead Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHICKEN MARSALA EGG NOODLES CAULIFLOWER W/ ONION	4 EGGPLANT PARM PASTA ZUCCHINI	5 CHICKEN SALAD OVER ROMAINE PASTA SALAD CARROT SALAD	6 BAKED PORK CHOPS BOILED RED POTATOES SPINACH W/ GARLIC & ONION	7 BATTERED COD WILD RICE BROCCOLI
10 CHICKEN CORDON BLEU SWEET POTATO BRUSSEL SPROUTS	11 L. S. HAM STEAK W/ PINEAPPLE CORN CAULIFLOWER	12 L. S. TURKEY & CHEESE ROLL UP OVER ROMAINE COLESLAW 3 BEAN SALAD	13 SAUSAGE & PEPPERS RICE MIXED VEGGIE	10 <u>11:30 TO 2:30</u> <u>SENIOR PROM</u> <u>PRE REGISTER!!</u>
17 MEAAATBALLS W/ BROWN GRAVY EGG NOODLES CAULIFLOWER	18 BALSAMIC CHICKEN RED POTATO BRUSSEL SPROUTS	19 TUNA SALAD OVER ROMAINE MACARONI SALAD TOMATO & CUKES	20 HOT TURKEY W/ GRAVY STUFFING SPINACH	21 KRABBY CAKES MAC & CHEESE OKRA W/ GARLIC
24 OVEN FRIED CHICKEN ROASTED POTATO COLLARD GREENS	25 CHICKEN PARMESAN SPAGHETTI BROCCOLI	26 L. S. HAM ON A ROLL COLE SLAW BEET SALAD	27 MEAT LOAF W/ GRAVY MAHED POTATO SNAP PEAS	28 GARLIC SHRIMP VEGGIE RICE BRUSSEL SPROUTS

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