

# June 2017



SUBSTITUTE MEALS MUST  
SIGNED IN BY 11:00 a.m.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SOUTHOLD TOWN SENIOR SERVICES  
750 PACIFIC ST, MATTITUCK - 631-298-4480  
KAREN McLAUGHLIN, DIRECTOR  
JACQUELINE MARTINEZ, SR CITIZEN CNTR MGR

<p><b>4</b> <b>Sub for Week</b> <b>Ham Salad</b> <b>on Rye</b></p>	<p><b>5</b> Chicken Milano over Egg Noodles Peas &amp; Carrots California Blend Vegetables Apple Juice Chocolate Pudding</p>	<p><b>6</b> <b>Spinach &amp; Swiss</b> <b>Quiche</b> Roasted Potatoes Broccoli String Beans Strawberries</p>	<p><b>7</b> Homemade Spagetti &amp; Meatballs Italian Blend Vegetables Orange Juice Diced Peaches</p>	<p><b>1</b> Pork Loin Mashed Potatoes Red Cabbage Apple Sauce Asparagus Apple Pie</p>	<p><b>2</b> Krabby Cakes Creamed Corn Brussels Sprouts Orange Juice Pineapple Tidbits</p>	<p><b>3</b> <b>Sub for Week</b> <b>Egg Salad</b> <b>on Wheat</b></p>
<p><b>11</b> <b>Roast Beef</b> <b>&amp; L/S Muenster</b> <b>Cheese</b> <b>on a Roll</b></p>	<p><b>12</b> Baked Ziti with Ricotta Romaine Salad Italian Blend Vegetable Diced Carrots Chocolate Chip Cookies</p>	<p><b>13</b> Ham with Peach Glazer Sauce Baked Beans Green Beans Mashed Cauliflower Orange Juice Diced Peas</p>	<p><b>14</b> Chili with Beans over Rice Carrots Italian Green Beans Cranberry Juice Blueberry Cobbler <b>FLAG DAY</b></p>	<p><b>8</b> Shrimp Scampi Rice Pilaf Normandy Blend Vegetable Asparagus L/S V-8 Juice Bread Pudding</p>	<p><b>9</b> Beef Stew with Egg Noodles Spinach String Beans Cranberry Juice Fruited Yogurt</p>	<p><b>10</b></p>
<p><b>18</b> <b>Sub for Week</b> <b>Tuna Salad</b> <b>on Wheat</b></p>	<p><b>19</b> Stuffed Lasagna Spinach Corn Peach/Pear Juice Mandarin Orange</p>	<p><b>20</b> Stuffed Flounder Asparagus Diced Carrots Apple Juice Peanut Butter Cookies</p>	<p><b>21</b> Tuna Salad on Bed of Romaine Lentil Salad Cole Slaw Orange <b>FIRST DAY OF SUMMER</b></p>	<p><b>15</b> Roasted Chicken Garden Blend Rice Broccoli Apple Juice Fruit Salad</p>	<p><b>16</b> Brewer's Cod Macaroni &amp; Cheese Okra &amp; Stewed Tomatoes Coleslaw Strawberries &amp; Blueberries</p>	<p><b>17</b></p>
<p><b>25</b> <b>Sub for Week</b> <b>Chicken</b> <b>Parmesan</b> <b>on Roll</b></p>	<p><b>26</b> Breaded Pork Chops with Roasted Potatoes Red Cabbage Brussels Sprouts Apple Sauce Diced Peaches</p>	<p><b>27</b> Manicotti with Meat Sauce Romaine Salad Spinach Italian Blend Vegetable Ice Cream</p>	<p><b>28</b> LUNCH Served at 11:30 A.M. Beef Bourguignon over Noodles Asparagus String Beans Apple Juice Birthday Cake</p>	<p><b>22</b> Pot Roast Mashed Potatoes Carrots Spinach Orange Juice Blueberry Pie</p>	<p><b>23</b> Cheese Burger on Bun Coleslaw Four Bean Salad Orange Juice Watermelon</p>	<p><b>24</b></p>
<p><b>29</b> Honey Mustard Chicken Wild Rice Carrots Broccoli Diced Mango</p>	<p><b>30</b> Shrimp Scampi over Rice Pilaf Normandy Blend Vegetable Broccoli Fruited Yogurt</p>					



FATHER'S DAY

# June 2017

Sunday

Monday

Tuesday

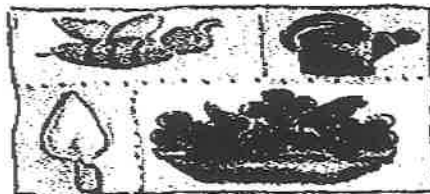
Wednesday

Thursday

Friday

Saturday

SOUTHOLD TOWN SENIOR SERVICES  
750 PACIFIC ST, MATTITUCK - 631-288-4460  
KAREN McLAUGHLIN, DIRECTOR  
JACQUELINE MARTINEZ, SR CITIZEN CNTR MGR



				<b>1</b> 9:00 a.m. Caseworker Phyllis	<b>2</b> 9:30 a.m. Day of Beauty Must sign up in advance 11:00 a.m. Senior Wellness Series "Stress & Moderation in Later Years" 1:00 p.m. Trip to Kohl's	<b>3</b>
<b>4</b>	<b>5</b> 1:00 p.m. Monday Matinee	<b>6</b> 10:45 a.m. Tea Time Tuesday	<b>7</b> 9:00 a.m. Caseworker Stella 10:00 a.m. Arts & Crafts 1:00 Grocery Shopping	<b>8</b> 9:00 a.m. Caseworker Phyllis 11:00 a.m. Blood Pressure Clinic	<b>9</b> 11:00 a.m. Reiki Circle	<b>10</b>
<b>11</b>	<b>12</b> 1:00 Monday Matinee	<b>13</b> 10:45 a.m. Tea Time Tuesday	<b>14</b> 9:00 a.m. Caseworker Stella 10:00 a.m. Arts & Crafts 1:00 Grocery Shopping	<b>15</b> 9:00 a.m. Caseworker Phyllis Group	<b>16</b> 1:00 p.m. Trip to Big Lots	<b>17</b>
 FATHER'S DAY	<b>19</b> 1:00 Monday Matinee	<b>20</b> 10:45 a.m. Tea Time 1:30 Caregivers Support Group	<b>21</b> 9:00 a.m. Caseworker Stella 10:00 a.m. Arts & Crafts 1:00 Grocery Shopping Stop & Shop	<b>22</b> 9:00 a.m. Caseworker Phyllis Group	<b>23</b> 11:00 a.m. - 2:00 p.m. 2nd Annual Senior Appreciation Picnic at Orient State Park Call For Registration	<b>24</b>
<b>25</b>	<b>26</b> 1:00 p.m. Monday Matinee	<b>27</b> 10:45 a.m. Tea Time Tuesday	<b>28</b> LUNCH Served at 11:30 a.m. 12:30 Trip to Show "Ragtime" at Bayway Center Must sign up in Advance	<b>29</b> 9:00 a.m. Caseworker Phyllis Group	<b>30</b> 11:00 a.m. Show & Tell Share your Favorite Item or Story 1:00 p.m. Trip to Target	