

# March 2018



SOUTHOLD TOWN SENIOR SERVICES  
 750 PACIFIC ST., MATTITUCK - 631-298-4460  
 KAREN McLAUGHLIN, DIRECTOR  
 JACQUELINE MARTINEZ, CENTER MANAGER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Turkey W/Sausage, Cranberry, Cornbread Stuffing Mashed Sweet Potatoes Asparagus Pineapple Tidbits	2 Thai Shrimp Stir Fry Rice Asian Blend Vegetables Kale Orange Juice Peach Pie	3
4 <b>SUB FOR WEEK CHEESEBURGER</b>	5 Vegetable Primavera Over Rotini Pasta Spinach w/Garlic & Oil Brussel Sprouts Italian Bread Fruited Yogurt	6 BBQ Chicken Breast Baked Beans Mixed Vegetables Green Beans Apple/Pear Juice Apple Pie	7 Sloppy Joe on a Bun Broccoli Orange Juice Banana	8 Pot Roast W/Gravy Mashed Potatoes Red Cabbage Asparagus L/S V-8 Juice Banana Cream Pie	9 Brewer's Cod Macaroni & Cheese Okra & Stewed Tomatoes Apple Juice Apple	10
11 <b>SUB FOR WEEK CHICKEN SALAD ON WHEAT</b>  <i>DAYLIGHT SAVINGS</i>	12 Chicken Tenders Honey Mustard Sauce Yellow Rice Califomia Blend Vegetables Beets Diced Peaches	13 Beef Stew W/Potatoes Broccoli Crowns Green Beans, Biscuit Orange Juice Oatmeal/Ralsin Cookies	14 Spinach/Swiss Quiche Roasted Potatoes Baby Carrots Cauliflower Fresh Fruit	15 Corned Beef & Cabbage Red Potatoes, Carrots Iris Soda Bread Orange Juice Ice Cream	16 Gyro on Pita w/Tomatoes, Onion Tzatziki Sauce, Spinach Rivera Blend Vegetables Fruit Cup	17 <b>St. Patrick's Day</b>
18 <b>SUB FOR WEEK CHICKEN TENDERS</b>	19 Breaded Pork Chop Mashed Sweet Potatoes, Asparagus Apple Sauce Diced Pears <i>SPRING BEGINS</i>	20 Pepper Steak Stir Fry Over Rice Oriental Blend Vegetables Sliced Carrots Homemade Brownies	21 Open Face Turkey Sandwich Peas Cauliflower Orange Juice Fresh Fruit	22 Meat Loaf Mashed Potatoes California Blend Vegetables Spinach Cranberry Juice Snickerdoodle Cookies	23 Shrimp Marinara Sauce Over Spaghetti Broccoli Rabe Italian Green Beans Diced Peaches	24
25 <b>SUB FOR WEEK CHICKEN W/ CORDON BLEU</b>  <i>PALM SUNDAY</i>	26 Chili W/Beans over Rice Normandy Blend Vegetables Cauliflower Orange	27 Chicken Parmesan Spaghetti Sicilian Blend Vegetables Carrots Banana	28 Honey Citrus Pulled Pork Over Rice Collard Greens Okra & Stewed Tomatoes Apple Juice Birthday Cake	29 Roasted Leg of Lamb Roasted Potatoes String Beans Honey Dill Carrots Orange Juice, Rye Bread Carrot Cake Cupcake	30 Stuffed Flounder Mashed Potatoes Asparagus Orange Juice Diced Pineapple <i>Good Friday</i>	31 <b>Passover</b>

# March 2018

March is National Nutrition Month

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 9:00 am Case Worker Phyllis	2 11:00am Senior Wellness Series Nutrition Seminar with Barbara Solow, R.D. 1:00 pm Trip to Christmas Tree Store	3
4 <b>No Blood Pressure Clinic</b>	5 12:45 pm Monday Matinee "Only the Brave"	6 10:45 am Tea Time Tuesday	7 9:00 am Case Worker Stella 10:00 am Arts & Crafts 10-12 SCOFA Senior Advocate 1:00 pm Grocery Shopping	8 9:00 am Case Worker Phyllis	9 11:00 am Reiki Circle 1:00 pm Trip to Target	10
11	12 1:00 pm Monday Matinee "Waking Ned Devine"	13 10:45 am Tea Time Tuesday	14 9:00 am Case Worker Stella 10:00 am Arts & Crafts 1:00 pm Grocery Shopping	15 9:00 am Case Worker Phyllis 10:30-11:15 am St. Patty's Day Celebration Music with Rocky & Friends, Trivia & Games	16 1:00 pm Trip to Dollar Store In Hampton Bays	17
18	19 1:00 pm Monday Matinee "Wonder"	20 10:45 am Tea Time Tuesday 1:30 pm Caregivers Support Group	21 9:00 am Case Worker Stella 10:00 am Arts & Crafts 1:00 pm Stop & Shop	22 9:00 am Case Worker Phyllis	23 1:00 pm Trip to K-Mart	24
25	26 1:00 pm Monday Matinee "12 Angry Men"	27 10:45 am Tea Time Tuesday	28 9:00 am Case Worker Stella 10:00 am Arts & Crafts 1:00 pm Grocery Shopping	29 9:00 am Case Worker Phyllis 10:30-11:15 am Intergenerational Program with Southold Elementary Students	30 11:30 am Show & Tell Share your Favorite Item or Story 1:00 pm Trip to DSW	31