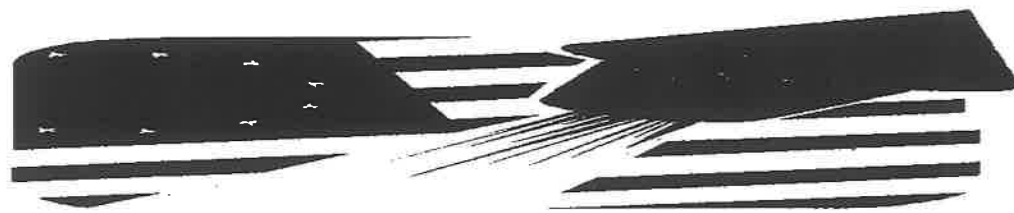


July 2017



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SOUTHOLD TOWN SENIOR SERVICES
 750 PACIFIC ST, MATTITUCK - 631-298-4460
 KAREN McLAUGHLIN, DIRECTOR
 JACQUELINE MARTINEZ, SR CITIZEN CNTR MGR

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2 Sub for Week Cheesburger on bun	3 Stuffed Shells Romaine Salad, Mixed Vegetables Spinach Ice Cream	4  HOLIDAY INDEPENDENCE DAY BUILDING CLOSED	5 Apricot Chicken Wild Rice Carrots, Broccoli Orange Cream Fruit Salad	6 Roast Beef w/Gravy Mashed Potatoes Green Beans Orange Juice Orange	7 Tuna Salad on Romaine Lettuce Macaroni Salad, L/S V-8 Juice Peach Cobbler	8
9 Sub for Week Roast Beef & Muenster Cheese On Rye	10 Chicken w/Broccoli & Cheese Yellow Rice w/Black Beans Carrots, Broccoli Apple Juice Chocofate Chip Cookies	11 Ziti w/Riccola Chic Pea Salad Green Beans Normandy Blend L/S V-8 Juice Homemade Cheese Cake	12 Bacon & Cheddar Quiche, Diced Beets, Corn Orange Juice Diced Pears	13 L/S Ham w/ Peach Ginger Sauce Mashed Cauliflower Baked Beans Orange Juice Melon	14 Krabby Cakes Couscous Brussel Sprouts, Peach/Pear Juice Peach Chunks	15
16 Sub for Week Egg Salad on Wheat	17 Chicken w/Apple & Brie Rice Pilaf, Broccoli Apple Juice Pineapple Tidbits	18 Shrimp Stir-Fry Rice, Brussel Sprouts, L/S V-8 Juice Apple	19 Pork Loin Roasted Potatoes Apple Sauce Red Cabbage, Asparagus Oatmeal Raisen Cookies	20 Eggplant Parmesan over Penne Pasta Italian Green Beans Mixed Vegetables Apple Juice Banana Cream Pie	21 Breaded Flounder Macaroni & Cheese Okra & Stewed Tomatoes Cranberry Juice Watermelon	22
23 Sub for Week Chicken Cordon Bleu	24 Stuffed Cabbage Mashed Potatoes Diced Carrots Orange Juice Tropical Fruit Salad	25 Chicken Milano w/Noodles Italian Blend Vegetables Spinach Cranberry Juice Bread Pudding	26 Meatloaf w/Gravy Mashed Potatoes Asparagus, Orange Juice Birthday Cake	27 Chicken Mediterranean Salad over Romaine Lettuce Beet Salad, 3-Bean Salad, Apple Juice Orange	28 Potato Encrusted Cod, Baked French Fries, Brussel Sprouts Orange Juice Strawberries	29
30 Sub for Week Chicken Tenders	31 Breaded Pork Chops Mashed Potatoes Asparagus Apple Sauce Fruit Cup				Tarter Sauce	

July 2017

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2	3 1:00 PM Matinee	4 5 HOLIDAY INDEPENDENCE DAY BUILDING CLOSED	5 9:00 AM Caseworker Stella 10:00 AM Arts & Crafts 1:00 PM Grocery Shop	6 9:00 AM Caseworker Phyllis	7 11:00 AM Senior Wellness "Get the Most from your Doctor's Visit" by Sally Monahan, GNP-C FNP- C	8
9	10 1:00 p.m. Matinee	11 10:45 a.m. Tea Time Tuesday	12 11:15 a.m. "Heat Stress" Presentation by Dr. Desire 5 pm-7pm Summer Songs & Supper w/Musical Entertainment by Kenny B, Call to Register	13 9:00 AM Caseworker Phyllis 11:30 Blood Pressure Clinic	14 11:00 a.m. Relkl Circle 1:00 Trip to Farmers Market	15
16	17 1:00 p.m. Monday Matinee	18 10:45 a.m. Tea Time Tuesday 1:30 Caregivers Support Group	19 9:00 a.m. Caseworker Stella 10:00 a.m. Arts & Crafts 1:00 p.m. Grocery Shopping Stop & Shop	20 9:00 AM Caseworker Phyllis	21 1:00 p.m. Trip to K-Mart	22
23	24 12:45 p.m. Monday Matinee	25 10:45 a.m. Tea Time Tuesday	26 10:00 Arts & Crafts 1:00 Grocery Shopping Sp.m-7pm Summer Songs & Suppers w/Musical Entertainment by Toby Altman	27 9:00 AM Caseworker Phyllis 1:00 p.m. Trip to Farmers Market	28 11:00 p.m. Show & Teli Share your Favorite Item or Story 1:00 p.m. Trip to Target	29
30	31 12:45 p.m. Monday Matinee					