

January 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
SUB FOR WEEK Roast Beef L/S Swiss Cheese on Wheat	1 Closed For New Year's Day	2 Stuffed Cabbage Mashed Potatoes Spinach Normandy Blend Vegetables, Apples	3 Turkey Divan Over Wild Rice Mashed Cauliflower Baby Carrots Apple Betty	4 Beef Stroganoff Over Egg Noodles Broccoli, Red Cabbage Cranberry Juice Peanut Butter Cookies	5 Potato Encrusted Cod Yellow Rice Okra W/Stewed Tomatoes, Orient Blend Vegetables Mandarin Oranges W/ Sliced Banana	6
7 SUB FOR WEEK Chicken W/Broccoli & Cheese	8 Chicken Tenders Macaroni & Cheese Beets Orange Juice Diced Peaches	9 Penne ala Vodka Broccoli Rabe W/Garlic Sicilian Blend Vegetables Fruit Cup	10 Stuffed Pepper Peas & Carrots Spinach Orange Juice Fruited Yogurt	11 Pork loin W/Gravy Mashed Potatoes Apple Sauce, Asparagus, Orange Juice Chocolate Chip Cookies	12 Krabby Cakes Rice Pilaf String Beans Brussels Sprouts Cranberry Juice Banana chocolate Cream Pie	13
14 SUB FOR WEEK Chicken Tenders	15 Martin Luther King, Jr. Building Closed	16 Eggplant Parmesan Penne Pasta Romaine Salad Italian Blend Vegetables, Banana	17 Savory Beef Steer Diced Potatoes Sliced Carrots Normandy Blend Vegetables Orange Juice Bread Pudding	18 L/S Ham W/Peach/ Ginger Sauce, Baked Beans Asparagus Apple Juice Pineapple Tidbits	19 Salmon W/Sweet Chili Glaze Roasted Potatoes Mashed Cauliflower Orange Juice Apple Cheese Cake	20
21 SUB FOR WEEK Chicken Cordon Bleu	22 Marinated Chicken W/Mozzarella & Red Pepper, Penne Pasta, String Beans W/ White Beans, Spinach W/Oil & Garlic, Banana	23 Roast Pork W/Apple Kraut Carrots, Rye Bread Potato Pancakes Orange Juice Tropical Fruit Cup	24 Quiche Lorraine Peas, California Blend Vegetables, Diced Beet Salad Orange Juice Fruited Jell-O	25 Shrimp Scampi Rice Pilaf Zucchini, Tomato, Onion Blend Broccoli Orange Juice Peach Cobbler	26 Spaghetti W/Homemade Meatballs Romaine Salad Italian Blend Vegetables Peach/Pear Juice Spice Cake	27
28 SUB FOR WEEK Ham & L/S American on A Roll	29 Honey Mustard Chicken Mashed Yams Carrots, Broccoli Orange	30 Chicken Quesadilla Spanish Rice Sour Cream, Cheddar Cheese Salsa California Blend Vegetables Orange Juice Tropical Fruit	31 Meat Loaf W/Gravy Mashed Potatoes Asparagus Brussel Sprouts Apple Juice, Birthday Cake			

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed For New Year's Day	2 10:45 am Tea Time Tuesday	3 9:00 am Case Worker Stella 10:00 am Arts & Crafts 10-12 pm SCOFA Senior Advocate 1:00 pm Grocery Shopping	4 9:00 am Case Worker Phyllis 10:30-11:15 am Intergenerational Program with Southold Elementary Students	5 1:00 pm Bed, Bath & Beyond/ Michael's Trip	6
7	8 1:00 pm Monday Matinee	9 10:45 am Tea Time Tuesday	10 9:00 am Case Worker Stella 10:00 am Arts & Crafts 1:00 pm Grocery Shopping	11 9:00 am Case Worker Phyllis 10:30-11:15 am Intergenerational Program with Southold Elementary Students	12 11:00 am Reiki Circle 1:00 pm Target Trip	13
14	15 Martin Luther King, Jr. Building Closed	16 10:45 am Tea Time Tuesday 1:00 pm Caregivers Luncheon	17 9:00 am Case Worker Stella 10:00 am Arts & Crafts 1:00 pm Stop & Shop	18 9:00 am Case Worker Phyllis 10:30-11:15 am Intergenerational Program with Southold Elementary Students 11:30 am Blood Pressure Clinic	19 1:00 pm Amazing 99 Cents Discount Store Trip	20
21	22 1:00 pm Monday Matinee	23 10:45 am Tea Time Tuesday	24 9:00 am Case Worker Stella 10:00 am Arts & Crafts 1:00 pm Grocery Shopping	25 9:00 am Case Worker Phyllis 10:30-11:15 am Intergenerational Program with Southold Elementary Students	26 11:30 Show & Tell Share your Favorite Item or Story 1:00 pm Shopping Trip	27
28	29 1:00 pm Monday Matinee	30 10:45 am Tea Time Tuesday	31 9:00 am Case Worker Stella 10:00 am Arts & Crafts 1:00 pm Grocery Shopping			