

Southold Town Senior Services  
 750 Pacific St. Mattituck, NY 11952  
 631) 298-4460



Karen McLaughlin, Director  
 Jacqueline Martinez, Center Manager

# November 2017

MENU SUBJECT TO CHANGE

0002/0003

TOWN OF SOUTHOLD HRC

10/26/2017 12:51PM FAX 6312984462

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Chicken /Broccoli/pasta w/Garlic Butter Sauce Sliced Carrots Cauliflower Mandarin Orange	2 Sloppy Joe on a Bun Mixed Vegetable Fire Roasted Corn Cranberry Juice Cocktail Fresh Fruit Orange Juice	3 Breaded Flounder Macaroni & Cheese Okra & Stewed Tomatoes Romaine Salad Cherry Pie Cranberry Juice	4
5 SUB FOR WEEK L/S Ham & L/S Swiss on Whole Wheat DAYLIGHT SAVING TIME ENDS- Turn Clock Back 1 Hour	6 Apricot Chicken Yellow Rice Brussels Sprout Carrots Fruit Cup	7 HOLIDAY ELECTION DAY BUILDING CLOSED	8 Chicken Cacciatore Penne Pasta, Spinach Italian Green Beans Italian Bread Fruited Jell-O	9 Shrimp Stir Fry Rice Pilaf Broccoli Diced Carrots Apple Juice Banana Pudding	10 HOLIDAY BUILDING CLOSED FOR VETERANS DAY	11
12 SUB FOR WEEK Roast Beef & Muenster on Rye	13 Turkey Divan Mashed Sweet Potato Asparagus Orange Juice Fresh Fruit	14 Roasted Chicken Breast Rosemary Potatoes Capri Blendec Vegetables Spinach Apple Pie Orange Juice	15 Pot Roast over Noodles Red Cabbage Peas & Carrot L/S V-8 Juice Orange Cream Fruit Salad	16 Ham, Potato Cheddar Quiche, Asparagus, Carrots, Cranberry Juice Bread Pudding	17 Potato Encrusted Cod Over Rice Broccoli Skiland Blend Vegetables Tartar Sauce Diced Peaches	18
19 SUB FOR WEEK Chicken Parmesan On a Roll	20 Breaded Pork Chop Mashed Potatoes Asparagus Apple Sauce Peanut Butter Cookies	21 Turkey w/Gravy Cranberry Cornbread Sausage Stuffing, Mashed Sweet Potatoes, String Beans, Apple, Pumpkin Pie	22 THANKSGIVING EVE BUILDING CLOSING AT 11:30 am	23 HOLIDAY THANKSGIVING DAY BUILDING CLOSED	24 HOLIDAY BUILDING CLOSED	25
26 SUB FOR WEEK Chicken Salad On Whole Wheat	27 Salmon w/Chili Glazed Sauce Roasted Potatoes Mashed Cauliflower Orange Juice Banana	28 Chicken ala King over Rice Brussels Sprout Normandy Blend Vegetables Pineapple Tibbets	29 Pepper Steak w/ Tomato Gravy, Steak Fried Potatoes, Broccoli Florets, Cheddar Sauce Carrots, Orange Juice Birthday Cake	30 Fresh Ham Apple Stuffing Mashed Yams String Beans Orange Juice Peaches		

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			9:00am-SCOFA Advocate 10:00am-Arts & Crafts 1:00pm-Grocery Shopping	2 9:00am- Caseworker Phyllis 2:00pm - Bereavement -must sign up in advance	3 11:00am-Senior Wellness Series-"Body Mechanics" presented by Nancy Williams, P.T., GPT,GCS of ELIH 1:00pm-Trip to Kmart	4
5	6 1:00pm Monday Matinee	7 Election Day Building Closed	8 9:00 am Caseworker Stella 10:00 am Arts & Crafts 1:00 pm Grocery Shopping	9 9:00 am - Case worker Phyllis 2:00pm Bereavement -must sign up in advance	10 Veterans Day Observance Building Closed	11
12	13 1:00 pm Monday Matinee	14 10:45am - Tea Time Tuesday	15 9:00am-Caseworker Stella 10:00am-Arts & Crafts 1:00pm- Stop & Shop Grocery Shopping	16 9:00am-Caseworker Phyllis 11:00am-Pajama Party, Contest, Games , Trivia 11:30am-Blood Pressure 2:00pm -Bereavement	17 11:30am - Show and Tell Share your Favorite Item or Story 1:00pm Trip to Target	18
19	20 1:00pm Monday Matinee	21 10:45am - Tea Time Tuesday 11:30am - Holiday Trivia	22 Thanksgiving Eve Building Closing at 11:30am	23 Thanksgiving Holiday Building Closed	24 Building closed	25
26	27 1:00pm Monday Matinee	10:45am - Tea Time Tuesday 1:00pm- Trip to Christmas Tree Store	29 9:00am-Caseworker Stella 10:00am-Arts & Crafts 1:00pm-Grocery Shopping	30 9:00am-Caseworker Phyllis 10:30-Social Hour w/ Southold Elementary school students (Music) 2:00pm -Bereavement Group-must sign up in advance		