

May 2018



SOUTHOLD TOWN SENIOR SERVICES
750 Pacific Street, Mattituck
(631) 298-4460

Karen McLaughlin, Director
Jacqueline Martinez, Center Manager

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE: Lunch is served at 12:00pm, and we ask that you arrive and sign in by 11:30am. We look forward to serving you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SUB FOR WEEK Chicken Cordon Bleu	<i>Hello May</i>	1 Shrimp Scampi Wild Rice Broccoli Rabe w/Garlic & Oil Orange Juice, Dinner Roll Diced Pears	2 Beef Stew Over Egg Noodles Red Cabbage Brussel Sprouts Rice Pudding Apple Juice	3 Ham & Swiss Quiche California Blend Vegetables Italian Green Beans Orange Juice Fresh Oranges	4 Chicken Fajita w/Onion & Peppers Cheddar Cheese Salsa Sour Cream Flour Tortilla, Spanish Rice Broccoli, Carrots Tree Leafes Cake Cranberry Juice	5 <i> Cinco de Mayo</i>
6 SUB FOR WEEK Turkey on Wheat	7 Chicken Brie & Cranberries Risotto Spinach Apple Juice Mandarin Orange	8 Baked Pork Chop Apple Sauce Baked Beans Normandy Blend Vegetables Orange Juice	9 Chicken and Broccoli In Garlic Sauce Vegetable Rice Asian Blend Vegetables Pear	10 Roast Turkey w/Gravy Sausage Cornbread/Cranberry Stuffing Sweet Potatoes Asparagus Cranberry Juice Apple Crisp	11 Beer Battered Cod Fish Steak Fries Coleslaw Cauliflower Chocolate Chip Cookies	12
13 SUB FOR WEEK Chicken Salad on a Roll <i>Mother's Day</i>	14 Teriyaki Glazed Chicken Garden Blend Rice Asparagus Orange Juice Diced Pineapple	15 Stuffed Shells w/Meat Sauce Italian Bread Tuscan Blend Vegetables Escarole w/Garlic & Oil & White Beans Pear Juice Cannoli	16 Hot Open-Faced Roast Beef On Wheat Bread Mashed Potatoes Baby Carrots Orange Juice Banana Pudding Coleslaw	17 Stuffed Cabbage Diced Beets Peas & Carrots Fresh Fruit	18 Parmesan Crusted Tilapia Yellow Rice Spinach Orange Juice Stoned Peaches	19 <i>GRAND FATHER'S DAY</i>
20 SUB FOR WEEK Ham & LS Swiss on Rye	21 Chicken Parmesan Over Pasta Broccoli Carrots Banana	22 Beef Burgundy Over Egg Noodles Red Cabbage Cauliflower Orange Juice Oatmeal Raisin Cookies	23 Hawaiian Ham Steak Rice Normandy Blend Vegetable Brussel Sprouts Fruited Jell-O	24 Meat Loaf w/Gravy Mashed Potatoes Diced Beets Spinach Blueberry Pie Cranberry Juice	25 Cheese (LS) Burger On Bun Cole Slaw Green Bean Medley Melon Apple Juice	26
27 SUB FOR WEEK Chicken & Broccoli	28 Building Closed <i>MEMORIAL DAY</i>	29 Chicken Stew Over Biscuit Spinach Capri Blend Vegetable Apple Juice Diced Pears	30 Pepper Steak over Rice Broccoli Apple Sauce Diced Carrots Birthday Cake	31 Chicken Salad on Romaine Lettuce Three Bean Salad Cucumber Salad Orange Juice Fresh Fruit		

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TOWN OF SOUTHOLD HRC

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ENGAGE AT EVERY AGE. MAY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Hello May</i></p>		<p>1 10:45am Tea Time Tuesday</p>	<p>2 10:00am Arts & Crafts 10am-12 pm SCOFA Senior Advocate 1:00pm Grocery Shopping</p>	<p>3 9:30am Caseworker Phyllis 1:30-3pm Bereavement (Must Sign Up)</p>	<p>4 11:00am Senior Wellness Presentation with "National Asthma & Allergy Awareness" with guest speaker Dr. James Rubin, Allergist</p>	<p>5 <i>Cinco de Mayo</i></p>
<p>6</p>	<p>7 1:00pm Monday Matinee</p>	<p>8 10:45am Tea Time Tuesday</p>	<p>9 9:30am Caseworker Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping</p>	<p>10 9:30am Caseworker Phyllis 1:00pm Trip to Marshalls & Home Goods</p>	<p>11 11:00am Round Circle 4-7pm "Twilight Dinner" w/ musical entertainment by Rick Allen *must reserve seat in advance</p>	<p>12</p>
<p>13 <i>Happy Mother's Day</i></p>	<p>14 1:00pm Monday Matinee</p>	<p>15 10:45am Tea Time Tuesday 11:45am Caregivers Appreciation Luncheon</p>	<p>16 9:30am Caseworker Stella 10:00am Arts & Crafts 1:00pm Stop & Shop</p>	<p>17 9:30am Caseworker Phyllis 9:30am SCOFA Senior Celebration Luncheon @ Villa Lombardi's 1:30-3pm Bereavement (Must Sign Up)</p>	<p>18 1:00pm Trip to Walmart 11am Karaoke - Get Your Singing Voices in Tune</p>	<p>19 <i>Happy Mother's Day</i></p>
<p>20</p>	<p>21 1:00pm Monday Matinee</p>	<p>22 10:45am Tea Time Tuesday</p>	<p>23 9:30am Caseworker Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping</p>	<p>24 9:30am Caseworker Phyllis 11:30am Blood Pressure Clinic 1:00pm Trip to Walmart 1:30-3pm Bereavement (Must Sign Up)</p>	<p>25 11:00am Show & Tell</p>	<p>26</p>
<p>27</p>	<p>28 Building Closed <i>MEMORIAL DAY</i></p>	<p>29 10:45am Tea Time Tuesday</p>	<p>30 9:30am Caseworker Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping</p>	<p>31 9:30am Caseworker Phyllis 10:30am-1pm Northport VA Mobile Health Program 1:30-3pm Bereavement (Must Sign Up)</p>		