

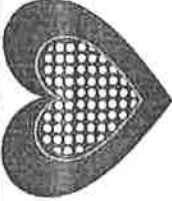
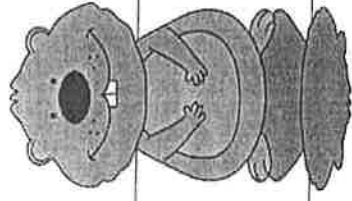
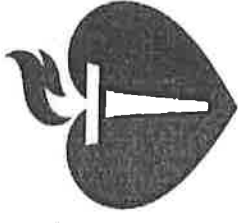
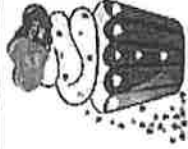


# February 2019

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



**SOUTHOLD TOWN SENIOR SERVICES**  
 750 Pacific Street, Mattituck  
 (631) 298-4460  
 Karen McLaughlin, Director  
 Jacqueline Martinez, Program Supervisor




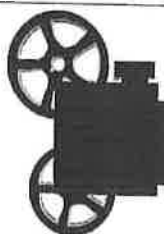



Sun	Mon	Tue	Wed	Thu	Fri	Sat
SUB FOR WEEK Stuffed Cabbage	 4 Chicken Milano Rotini Pasta Broccoli, Carrots Orange Juice Chocolate Pudding	 5 Bacon & Cheddar Quiche String Beans Spinach Fruit Cup	6 Texas Chicken Chili w/ beans & Rice Normandy Blend Veg. Cauliflower Cranberry Juice Chocolate Chip Cookie	 7 Pork Loin Sweet Potatoes Broccoli Rabe Apple Sauce, OJ Cinnamon Crumb Cake	1 Shrimp Marinara Linguini Pasta Broccoli Rabe w/garlic & oil Whole Baby Carrots Fresh Fruit	2 <b>GROUNDHOG DAY!!</b> 
3 SUB FOR WEEK Chicken Parmesan on a Roll	4 Chicken Milano Rotini Pasta Broccoli, Carrots Orange Juice Chocolate Pudding	5 Bacon & Cheddar Quiche String Beans Spinach Fruit Cup	6 Texas Chicken Chili w/ beans & Rice Normandy Blend Veg. Cauliflower Cranberry Juice Chocolate Chip Cookie	7 Pork Loin Sweet Potatoes Broccoli Rabe Apple Sauce, OJ Cinnamon Crumb Cake	8 Breaded Cod Macaroni & Cheese Coleslaw Apple Juice Fresh Orange	9
10 SUB FOR WEEK Egg Salad on Wheat	11 Chicken & Broccoli Alfredo Penne Pasta Carrots Asparagus Mandarin Oranges	12 L.S. Ham Steak w/ Peach Ginger Sauce Baked Sweet Potato Cauliflower Orange Juice Fresh Fruit	13 Salmon w/horseradish Dill sauce Risotto Spinach, Roasted Corn & Peppers Diced Peaches	14 <b>VALENTINE'S DAY</b> Marinated Beef Tips w/mushrooms Wild Rice Whole Baby Carrots Asparagus, L/S V-8 Jc. Sweetheart Cupcakes	15 Shrimp & Broccoli Over Fried Rice Whole Green Beans Oriental Blend Vegetables Brownies	16
17 SUB FOR WEEK Roast Beef on Rye	18 <b>HOLIDAY PRESIDENTS DAY TOWN CLOSED</b>	19 Pork Chop Mashed Potatoes Brussels sprouts String Beans Diced Pears	20 Cheese Manicotti w/meat sauce Escarole w/garlic & oil Normandy Blend Veg. Orange Juice Rice Pudding	21 Chicken Chow Mein White Rice Oriental Blend Vegeta- bles Peas & Carrots Blueberry Cobbler	22 Beer Battered Cod Potato Wedges Okra w/Stewed Tomatoes Sicilian Blend Vegetables Banana	23 <i>February is American Heart Month</i> 
24 SUB FOR WEEK Chicken & Broccoli	25 Apricot Chicken Wild Rice Brussels Sprouts Carrots Apple	26 Stuffed Shells Romaine Salad w O/V Italian Blend Vegetables Escarole w/garlic & oil Fruited Yogurt	27 Meatloaf w/gravy Mashed Potatoes Peas & Carrots Broccoli Orange Juice Birthday Cake	28 Turkey w/sausage, cranberry cornbread stuffing Mashed Sweet Potatoes Asparagus Pineapple Tidbits		

# February 2019-Activities



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

Karen McLaughlin, Director  
Jacqueline Martinez, Program Supervisor

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>NO BLOOD PRESSURE CLINIC THIS MONTH</b></p>	<p><b>BLACK HISTORY MONTH</b></p> <p>1:00pm Monday Matinee</p>	 <p>10:45pm Tea Time Tuesday 1:00pm Exercise Class</p>	 <p>9:00am Caseworker Stella 9:30am SCOFA Advocate 10:00am Arts &amp; Crafts 1:00pm Grocery Shopping</p>	<p>1 11:00am Senior Wellness Presentation "Get Moving with North Fork Bodies in Motion" by Dr. Marilyn LoPresti</p>	<p>2</p>	
<p>3</p>	<p>4 1:00pm Monday Matinee</p>	<p>5 10:45pm Tea Time Tuesday 1:00pm Exercise Class</p>	<p>6 9:00am Caseworker Stella 9:30am SCOFA Advocate 10:00am Arts &amp; Crafts 1:00pm Grocery Shopping</p>	<p>7 9:00am Caseworker Phyllis 11:00am Poetry Reading</p>	<p>8 11:00am Reiki</p>	<p>9</p> 
<p>10</p> 	<p>11 1:00pm Monday Matinee</p>	<p>12 10:45pm Tea Time Tuesday 1:00pm Exercise Class</p>	<p>13 9:00am Caseworker Stella 10:00am Arts &amp; Crafts 10:00am to 12:00pm Southold Town Assessors 1:00pm Grocery Shopping</p>	<p>14 VALENTINE'S DAY CELEBRATION- TRIVIA AND PRIZES!! 9:00am Caseworker Phyllis 1:00pm Trip to Walmart</p>	<p>15 11:00am Bingo</p>	<p>16</p> 
<p>17</p> 	<p>18 HOLIDAY PRESIDENTS DAY TOWN CLOSED</p>	<p>19 10:45pm Tea Time Tuesday 1:00pm Exercise Class 1:30pm Caregivers Support Group</p>	<p>20 9:00am Caseworker Stella 10:00am Arts &amp; Crafts 1:00pm Grocery Shopping-Shop Rite</p>	<p>21 9:00am Caseworker Phyllis 1:00pm Trip to TJ Maxx</p>	<p>22 11:00am Show &amp; Tell Share your favorite item or story</p>	<p>23</p> 
<p>24</p>	<p>25 1:00pm Monday Matinee</p>	<p>26 10:45pm Tea Time Tuesday 1:00pm Exercise Class</p>	<p>27 BIRTHDAY CELEBRATION 9:00am Caseworker Stella 10:00am Arts &amp; Crafts 1:00pm Grocery Shopping</p>	<p>28 9:00am Caseworker Phyllis 1:00pm Trip to Christmas Tree Store</p>	<p>29</p> 