

# October 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
	1 Hamsteak & Peach Ginger Sauce Peas Cauliflower Apple Juice Tropical Fruit Cup	2 Chicken Parmesan Stromboli String Beans/White Beans Broccoli Mandarin Oranges	3 Salisbury Steak w/gravy Mashed Potatoes Sicilian Blend vegetables Orange Juice Melon	4 Baked Ziti Italian Bread Carrots, Asparagus Cranberry Juice Homemade Brownies with Ice cream	5 Potato Encrusted Cod Rice California Blend vegetables Escarole w/garlic & oil Pineapple Juice Peach Pie	6 
7	8 COLUMBUS DAY  HOLIDAY TOWN CLOSED	9 Stuffed Cabbage over Rice Italian Green Beans Carrots Diced Peaches	10 Shrimp & Crabmeat Quiche Roasted Potatoes Spinach Cranberry Juice Apple	11 Pot Roast w/gravy Mashed Potatoes Capri Blend vegetables Brussels Sprouts L/S V-8 Juice Carrot Cake	12 Parmesan Tilapia Red Skin Potato Wedges Normandy Blend vegetables Asparagus Apple juice Fruited Yogurt	13
14	15 Penne with Chicken Broccoli Escarole w/White Beans Orange	16 Hearty Beef Stew Egg Noodles California Blend vegetables Brussels Sprouts Peaches	17 Spinach, Provolone & Sun- dried Tomato Quiche Rosemary Potatoes Riviera Blend vegetables Asparagus, Apple juice Rice Pudding	18 Pork Loin w/Sweet & Sour Sauce Rice Spinach String Beans Fruit Cup	19 Shrimp Scampi Wild Rice Brussels Sprouts Diced Carrots Orange Juice Peach Cobbler	20
21	22 Baked Pork Chops Yams, Broccoli Red Cabbage Apple Sauce Banana	23 Chili with Beans over Rice Oriental Blend vegetables Diced Beets Tropical Fruit Cup	24 Eggplant Parmesan Rotini Pasta w/Sauce Italian Bread, Asparagus Romaine Salad w/oil & vinegar Broccoli Rabe, Ice Cream	25 Turkey with Gravy Sausage & Cornbread Stuffing Mashed Potatoes String Beans Orange Juice Apple Pie	26 Brewer's Cod Macaroni & Cheese California Blend vegetables Okra w/Stewed Tomatoes Diced Pears	27 
28	29 Chicken Palermo with Ziti Italian Blend vegetables Spinach Fruit Cup	30 Krabby Cakes Tartar Sauce Wild Rice Brussels Sprouts Cranberry Juice Diced Peaches	31 HALLOWEEN Meatloaf with Gravy Mashed Potatoes Peas & Carrots Asparagus, Orange Juice Birthday Cake			

# October 2018-Activities



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1:00pm Monday Matinee	2 10:45am Tea Time Tuesday 1:00pm Exercise Class	3 9:00am SCOFA Advocate 9:00am Caseworker Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping	4 <i>11:00am Poetry Reading</i>	5 1:00pm Trip to Farmers Market	6
7	8 COLUMBUS DAY  HOLIDAY TOWN CLOSED	9 10:45am Tea Time Tuesday 1:00pm Exercise Class	10 9:00am Caseworker Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping	11 9:00am Caseworker Phyllis 1:00pm Trip to K-Mart	12 11:00am Reiki	13
14	15 1:00pm Monday Matinee	16 10:45am Tea Time Tuesday 1:00pm Exercise Class	17 9:00am Caseworker Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping	18 9:00am Caseworker Phyllis 1:00pm Trip to Macy's	19 11:00am Fire Prevention Presentation with Lt. Charles Hydell of the Greenport Fire Dept.	20
21	22 1:00pm Monday Matinee	23 10:45am Tea Time Tuesday 1:00pm Exercise Class 1:30pm Caregiver Support Group	24 9:00am Caseworker Stella 10:00am Arts & Crafts 1:00pm Stop & Shop	25 9:00am Caseworker Phyllis 1:00pm Trip to Marshalls/ Home Goods	26 11:00am Show & Tell Share your favorite item or story	27
28	29 1:00pm Monday Matinee	30 10:45am Tea Time Tuesday 1:00pm Exercise Class	31 <b><i>HALLOWEEN</i></b> 9:00am Caseworker Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping			