




June 2019



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

Karen McLaughlin, Director
Jacqueline Martinez, Program Supervisor

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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2 SUB FOR WEEK Ham Salad on Rye	3 Chicken Milano Egg Noodles Peas & Carrots Cauliflower Blend Vegetables Cranberry Juice Chocolate Pudding	4 Quiche Lorraine Corn Broccoli Green Beans Apple Juice Strawberry Shortcake	5 Spaghetti & Meatballs Italian Bread Italian Green Beans Riviera Blend Vegetables Diced Peaches	6 Pork Loin w/Gravy Mashed Potatoes Red Cabbage Asparagus Applesauce	7 Shrimp Scampi Rice Normandy Blend Vegetables Spinach Melon	8 
9 SUB FOR WEEK Roast Beef w/LS Muenster Cheese On Roll	10 Baked Ziti w/Ricotta Cheese Romaine Salad w/Oil & Vinegar Italian Blend Vegetables Carrots Rice Pudding	11 L/S Ham Steak with Apple-Raisin Sauce Cauliflower Peas Orange Juice Fresh Fruit	12 Beef Chili w/Beans over Rice Carrots Green Beans Cranberry Juice Fruited Jello	13 Roasted Herb Chicken Wild Rice Yellow Squash Broccoli Apple Juice Blueberry Cobbler	14 Brewers Cod Macaroni & Cheese Okra & Stewed Tomatoes Coleslaw Diced Pears Flag Day	15
16 SUB FOR WEEK Tuna Salad on Wheat Happy Father's Day	17 Chicken Tenders Roasted Potato Wedges Diced Beets Orange Juice Banana	18 Shrimp Salad on a bed of Romaine Lettuce Lentil Salad Coleslaw Apple	19 Rigatoni w/Meat Sauce And Ricotta Cheese Spinach Italian Green Beans Mandarin Oranges	20 Roast Beef w/gravy Mashed Potatoes Carrots Broccolini L/S V-8 juice Peanut Butter Cookie	21 Hamburger w/ L.S. Cheese, Lettuce & Tomato Coleslaw Orange Juice Watermelon Ice Cream First day of Summer	22 
23 SUB FOR WEEK Chicken Parmesan on a Roll	24 Breaded Pork Chops Roasted Potatoes Red Cabbage Brussels Sprouts Applesauce	25 Cheese Manicotti Romaine Salad w/Oil & Vinegar Spinach Fresh Fruit	26 Beef Goulash w/Egg Noodles Asparagus Zucchini & Tomatoes Apple Juice Birthday Cake	27 Honey Mustard Chicken Wild Rice Carrots Broccoli Melon Salad	28 Chicken Cutlet on a Bun with L/S cheese Coleslaw Capri Blend Veggies Green Beans Orange Juice Ice Cream	29
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June 2019-Activities

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2	3 Monday Matinee	4 10:45pm Tea Time Tuesday 1:00pm Exercise Class	5 9:00am Case Manager Stella 9:30am SCOFA Advocate 10:00am Arts & Crafts 1:00pm Grocery Shopping	6 9:00am Case Manager Phyllis 1:00pm Trip to Macy's	7 11:00am Senior Wellness Presentation - "Stress & Moderation in Later Years" with Jose Vargas, LCSW-R, CASAC	8
9	10 Monday Matinee	11 10:45pm Tea Time Tuesday 1:00pm Exercise Class	12 9:00am Case Manager Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping	13 9:00am Case Manager Phyllis 11:00am Poetry Reading 1:00pm Trip to Kohl's	14 11:00am Reiki 	15
16 	17 Monday Matinee	18 10:45pm Tea Time Tuesday 1:00pm Exercise Class 1:30pm Caregivers Support Group	19 9:00am Case Manager Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping to Stop & Shop	20 9:00am Case Manager Phyllis 11:30am Blood Pressure Clinic 1:00pm Trip to Walmart	21 11am—2 pm Fourth Annual Senior Appreciation Picnic at Orient Beach State Park *Call to reserve seat in advance	22 
23	24 Monday Matinee	25 10:45pm Tea Time Tuesday 1:00pm Exercise Class	26 9:00am Case Manager Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping	27 9:00am Case Manager Phyllis 	28 11:00am Show & Tell Share your favorite Item or Story 3:30-7pm Twilight Dinner & Chinese Auction with Musical entertainment by "Johnny sings the Oldies" * Must reserve seat in advance	29
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