




January 2019



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, please arrive and sign in by 11:30am. We look forward to serving you.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SUB FOR WEEK Chicken w/broccoli & cheese		1 HOLIDAY NEW YEARS DAY TOWN CLOSED	2 Stuffed Cabbage Mashed Potatoes Spinach Apple	3 Turkey Divan Wild rice Mashed cauliflower Carrots L/S V-8 Juice Peanut Butter Cookie	4 Beef Stroganoff over egg noodles Broccoli Red Cabbage Cranberry Juice Apple Betty	5
6 SUB FOR WEEK L/S Ham & American cheese on wheat	7 Chicken Tenders Macaroni & Cheese Beets Orange juice Diced Peaches	8 Penne ala Vodka Collard greens w/garlic & oil California blend vegetables Fruit Cup	9 Stuffed Pepper Peas & carrots Spinach Orange juice Fruited Yogurt	10 Pot Roast Mashed potatoes Apple sauce Asparagus Orange juice Chocolate chip cookie	11 Krabby cakes Rice pilaf String beans Brussels Sprouts Cranberry juice Banana chocolate cream Pie	12 
13 SUB FOR WEEK Chicken Parm on a roll	14 Marinated chicken w/mozz. & red peppers Penne pasta String beans w/white beans Spinach w/garlic & oil Banana	15 Roast Pork w/apple kraut Carrots Rye bread Potato pancakes, OJ Melon	16 Quiche Lorraine Peas California blend vegetables OJ Apple	17 Shrimp Scampi Rice pilaf Zucchini Broccoli Apple juice Peach cobbler	18 Spaghetti w/homemade meatballs Salad Italian blend vegetables L/S V-8 Juice Spice cake	19
20 SUB FOR WEEK Roast Beef & L/S Swiss on a roll	21 HOLIDAY MARTIN LUTHER KING JR. TOWN CLOSED	22 Eggplant Parmesan Rotini Pasta Salad Italian blend vgs. Italian Bread Diced Pineapple	23 Savory Beef Stew Diced potatoes Sliced carrots Normandy Blend vegetables OJ, Bread Pudding	24 L/S Ham w/Peach ginger sauce Baked Yams Asparagus Apple juice Tropical fruit cup	25 Potato Encrusted Cod Yellow rice Okra w/stewed tomatoes Oriental Blend vegetables Mandarin oranges w/banana	26 
27 SUB FOR WEEK Stuffed Cabbage	28 Honey Mustard Chicken Mashed yams Carrots Broccoli Orange	29 Chicken Quesadilla Spanish rice Sour cream, Cheddar cheese, California blend vegetables, OJ Orange cream fruit salad	30 Meatloaf w/gravy Mashed potatoes Asparagus Brussels sprouts Apple juice Birthday Cake	31 Boneless Pork Chop Roasted potatoes Red cabbage Spinach Apple sauce		

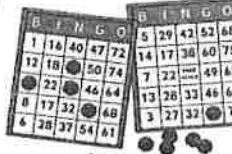
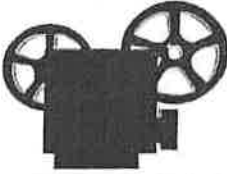




January 2019-Activities

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 HOLIDAY NEW YEARS DAY TOWN CLOSED	2 9:00am Caseworker Stella 9:30am SCOFA Advocate 10:00am Arts & Crafts 1:00pm Grocery Shopping	3 9:00am Caseworker Phyllis 11:00am Poetry Reading	4 11:00am BINGO	5 
6 	7 1:00pm Monday Matinee	8 10:45pm Tea Time Tuesday 1:00pm Exercise Class	9 9:00am Caseworker Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping	10 9:00am Caseworker Phyllis 1:00pm Trip to DSW	11 11:00am Reiki	12 
13	14 1:00pm Monday Matinee	15 10:45pm Tea Time Tuesday 1:00pm Exercise Class 1:30 Caregivers Support Group	16 9:00am Caseworker Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping	17 9:00am Caseworker Phyllis	18 1:00pm Trip to Target 	19
20 	21 HOLIDAY MARTIN LUTHER KING JR. DAY TOWN CLOSED	22 10:45pm Tea Time Tuesday 1:00pm Exercise Class	23 9:00am Caseworker Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping	24 9:00am Caseworker Phyllis 11:30 Blood Pressure Clinic 1:00pm Trip to Marshalls/ Home Goods	25 11:00am Show & Tell Share your favorite Item or Story	26 
27	28 1:00pm Monday Matinee	29 10:45pm Tea Time Tuesday 1:00pm Exercise Class	30 <i>Birthday Celebrations</i> 9:00am Caseworker Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping	31 9:00am Caseworker Phyllis 1:00pm Trip to Dollar Tree		