





# February 2020

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
						
<b>2 GROUNDHOG DAY!</b> <b>SUB FOR WEEK</b> Chicken Parmigiana on a Roll	<b>3</b> Chicken Milano Rotini Pasta Broccoli Cauliflower Blend Carrots Orange Juice Chocolate Pudding	<b>4</b> Bacon Cheddar Quiche String Beans Spinach Fruit Cup	<b>5</b> Texas Chicken Chili with Beans & Rice Normandy Blend Veggies Cauliflower Apple Juice Fresh Baked Cookie	<b>6</b> Pork Loin Sweet Potatoes Collard Greens Applesauce Orange	<b>7</b> Breaded Codfish Macaroni & Cheese Okra & Tomatoes Orange Juice Tropical Fruit Cup	<b>8</b>
<b>9</b> <b>SUB FOR WEEK</b> Egg Salad on Wheat Bread	<b>10</b> Chicken & Broccoli Alfredo Bowtie Pasta Carrots Asparagus Diced Peaches	<b>11</b> L/S Ham Steak with Raisin Sauce Baked Sweet Potato Cauliflower Orange Juice Banana	<b>12</b> Salmon with Dill Horseradish Sauce Risotto Spinach Roasted Corn w/ Peppers Mandarin Oranges	<b>13</b> Marinated Beef Tips with Mushroom Au Jus Wild Rice Whole Baby Carrots Asparagus L/S V-8 Juice Brownie	<b>14 VALENTINE'S DAY</b> Shrimp & Broccoli over Rice Whole Green Beans Oriental Blend Veggies Orange Juice Sweetheart Cupcake	<b>15</b> <i>Happy Valentine's Day</i>
<b>16</b> <b>SUB FOR WEEK</b> Roast Beef on Rye bread	<b>17</b> <b>HOLIDAY</b> <b>PRESIDENTS DAY</b> <b>TOWN CLOSED</b>	<b>18</b> Apricot Glazed Pork Chops Mashed Potatoes Brussels Sprouts String Beans Diced Pears	<b>19</b> Cheese Manicotti with Meat Sauce Escarole w/ Garlic & oil Normandy Blend Veggies Orange Juice Rice Pudding	<b>20</b> Chicken Chow Mein White Rice Oriental Blend Veggies Peas & Carrots Blueberry Cobbler	<b>21</b> Beer Battered Cod Tartar Sauce Corn Zucchini & Tomatoes Sugar Snap Peas Orange	<b>22</b> 
<b>23</b> <b>SUB FOR WEEK</b> Chicken Salad on Rye Bread	<b>24</b> Apricot Chicken Wild Rice Brussels Sprouts Carrots Apple	<b>25</b> Meatloaf w/ Gravy Mashed Potatoes Peas & Carrots Broccoli Orange Juice <b>Birthday Cake</b>	<b>26</b> Stuffed Shells Italian Green Beans Escarole with garlic & oil Banana	<b>27</b> Turkey w/ Gravy Cornbread Stuffing Mashed Sweet Potatoes Cauliflower Pineapple Tidbits	<b>28</b> Shrimp Stir Fry Rice Asian Blend Veggies Spinach Orange Juice Peach Pie	<b>29</b> <b>February is American Heart Month</b>

# February 2020-Activities



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>2</p>	<p>3</p> <p>1:00pm Monday Matinee</p>	<p>4</p> <p>10:45pm Tea Time Tuesday 12:45pm Exercise Class</p>	<p>5</p> <p>9:00am Case Manager Stella 1:00pm Grocery Shopping</p>	<p>6</p> <p>1:00pm Trip to</p>	<p>7</p> <p>National Wear Red Day 11:00am Senior Wellness Presentation: Heart Health 101 with Dr. Michael Sorrentino, Cardiologist from Stony Brook ELIH</p>	<p>8</p>
<p>9</p>	<p>10</p> <p>1:00pm Monday Matinee</p>	<p>11</p> <p>10:45pm Tea Time Tuesday 12:45pm Exercise Class</p>	<p>12</p> <p>9:00am Case Manager Stella 1:00pm Grocery Shopping</p>	<p>13</p> <p>11:00am Poetry Reading 1:00pm Trip to</p>	<p>14</p> <p>11:00am VALENTINE'S DAY CELEBRATION-TRIVIA AND PRIZES!!</p>	<p>15</p>
<p>16</p>	<p>17</p> <p><b>HOLIDAY PRESIDENTS DAY TOWN CLOSED</b></p>	<p>18</p> <p>10:45pm Tea Time Tuesday 12:45pm Exercise Class 1:30pm Caregivers Support Group</p>	<p>19</p> <p>9:00am Case Manager Stella 1:00pm Grocery Shopping</p>	<p>20</p> <p>11:15 Championship Classic Movie Trivia 1:00pm Trip to</p>	<p>21</p> <p>11:00am BINGO 1pm Trip to Mattituck/Laurel Library</p>	<p>22</p>
<p>23</p>	<p>24</p> <p>1:00pm Monday Matinee</p>	<p>25</p> <p><b>BIRTHDAY CELEBRATION</b> 10:45pm Tea Time Tuesday 12:45pm Exercise Class</p>	<p>26</p> <p>Ash Wednesday 9:00am Case Manager Stella 1:00pm Grocery Shopping</p>	<p>27</p> <p>11:00am Reiki 1:00pm Trip to ELIH Op Shop</p>	<p>28</p> <p>11:00am Show &amp; Tell Share your favorite Item or Story</p>	<p>29</p>