



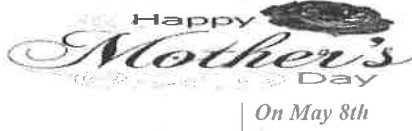


# May 2022



SOUTHOLD TOWN SENIOR SERVICES  
 750 Pacific Street  
 P.O. Box 85  
 Mattituck, NY 11952  
 Phone (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. Sub requests require sign in by 11:00 am. We look forward to serving you. Please inform a staff member if you have a food allergy.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Happy</i>	<i>Older Americans</i>	<i>Month!</i> 				
<b>1 SUB FOR WEEK</b> Turkey and L. S. Swiss Cheese on a Roll	<b>2</b> Roast Beef and Gravy over Texas Toast Sweet Potato Wedges Asparagus Cranberry Juice Diced Pears <i>9:30am Cornell Coop. Ext. Ed "Farm to Table" via Zoom</i>	<b>3</b> L.S. Country Ham Steak over Mashed Yams Brussels Sprouts Red Cabbage Apple <i>9:30am Cornell Coop. Ext. Ed "Nutrition Chats" via Zoom 11:15am TEA TIME</i>	<b>4</b> Turkey Pot Pie with Biscuit Green Beans Cauliflower Fruited Jello <i>11am "Rebuilding Together Long Island" Presentation. Please call to reserve a seat.</i>	<b>5</b> <i>Cinco de Mayo</i> Chicken Fajita with Onion, Pepper, Cheddar Cheese & Sour Cream over Spanish Rice Broccoli Carrots Tres Leches Cake	<b>6</b> Brewer's Codfish Normandy Blend Veggies Peas Coleslaw Orange <i>11:00am BINGO 11:45am Kentucky Derby Hat Contest. Wear your favorite derby hat &amp; win a prize!</i>	<b>7</b>
<b>8 Mothers Day SUB FOR WEEK</b> Roast Beef and L. S. Muenster Cheese on Rye Bread	<b>9</b> Chicken Teriyaki over Rice Asparagus Carrots Rye Bread Fruit Salad <i>9:30am Cornell Coop. Ext. Ed "Farm to Table" via Zoom</i>	<b>10</b> Manicotti w/ Meat Sauce Tuscan Blend Veggies Escarole w/ Garlic & Oil Italian Bread Diced Pineapple <i>9:30am Cornell Coop. Ext. Ed "Nutrition Chats" via Zoom 11:15 AM TEA TIME</i>	<b>11</b> Center Cut Pork Chop over Mashed Potatoes Green Beans Savory Red Cabbage Orange Juice Peanut Butter Cookie <i>9am SCOFA Senior Advocate</i>	<b>12</b> Chicken Salad over Romaine Lettuce Vegetable Pasta Salad Coleslaw Mandarin Oranges	<b>13</b> Lemon Butter Shrimp over Wild Rice Asian Blend Veggies Broccoli Orange Juice Pistachio Pudding <i>11:15am JEOPARDY</i>	<b>14</b>
<b>15 SUB FOR WEEK</b> Chicken Salad on a Roll	<b>16</b> Chicken Cutlet with Country Gravy Potato Onion Hash Collard Greens Orange Juice Banana <i>1pm Monday Matinee: CODA</i>	<b>17</b> Beef Burgundy over Egg Noodles Carrots Cauliflower Cranberry Juice Oatmeal Cookie <i>11:15 m TEA TIME 1:30pm Caregiver Support Group</i>	<b>18</b> Pineapple Bell Pepper Chicken over White Rice Normandy Blend Veggies Brussels Sprouts Melon	<b>19</b> Meat Loaf with Gravy over Mashed Potatoes Diced Beets Zucchini Orange Juice Chocolate Pudding	<b>20</b> Parmesan Crusted Codfish Corn Broccoli Orange Juice Apricots <i>1pm Trip to Dollar Tree</i>	<b>21</b> 
<b>22 SUB FOR WEEK</b> Stuffed Shells	<b>23</b> Turkey Ala King over White Rice Mixed Vegetables Cauliflower Apple <i>1pm Monday Matinee: The Best Years of Our Lives</i>	<b>24</b> Shrimp and Broccoli Alfredo w/ Bowtie Pasta Spinach Capri Vegetables Tropical Fruit Cup <i>11:15am TEA TIME</i>	<b>25</b> Tuna Salad Platter over Romaine Lettuce Corn Salad Tomato & Onion Salad Orange Juice <i>Birthday Cake</i>	<b>26</b> Krabby Cakes Brussels Sprouts Green Beans Tartar Sauce Orange	<b>27</b> Cheeseburger with Lettuce & Tomato Cucumber Salad Potato Salad Ice Cream Watermelon <i>11am HRC Indoor/Outdoor Picnic</i>	<b>28</b>
<b>29 SUB FOR WEEK</b> L.S. Ham & L. S. Swiss Cheese on Rye Bread	<b>30</b> <b>HOLIDAY MEMORIAL DAY TOWN OFFICES CLOSED</b>	<b>31</b> Orange Ginger Beef over Rice Oriental Vegetables Carrot Coins Chocolate Chip Cookie <i>11:15am TEA TIME</i>			 On May 8th	