

April 2019




Happy Easter!



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
	1 Chicken with Yellow Rice and Beans Green Beans Spinach Fruit Cup	2 L/S Ham Peach-Ginger sauce Baked Sweet Potatoes Asparagus Apple Orange Juice Coconut Custard Pie	3 Cheese Manicotti w/meat sauce Normandy Blend Vegetable Italian Bread Carrots Banana	4 BBQ Chicken Baked Beans Broccoli Collard Greens Corn Bread, Apple Juice Homemade Cheesecake	5 Potato Encrusted Cod Wild Rice California Blend vegetables Brussels Sprouts Orange Juice Fruited Yogurt	6 
7 SUB FOR WEEK Tuna Salad on Rye	8 Chicken Cordon-Bleu Couscous String Beans Spinach w/garlic & oil Apple	9 Cheddar-Bacon Quiche Roasted Corn & Peppers Sugar Snap Peas Apple Juice Rye Bread Orange	10 Shepards Pie Mashed Cauliflower Asparagus Fruited Jello	11 Turkey w/gravy Sausage-cranberry-cornbread stuffing Zucchini Honey Dill Carrots Bob's Apple Crumb Cake Apple	12 Krabby Cakes Potato & Onion Hash Mixed Vegetables Asparagus Orange Juice Chocolate Chip Cookie	13
14 SUB FOR WEEK Roast Beef & L/S Swiss Cheese on A roll	15 Stuffed Cabbage Mashed Potatoes Carrots Orange Juice Fresh Fruit	16 Gyro Tzatziki Sauce Onions & Tomatoes Pita Bread Spinach, Broccoli Mandarin Orange Segments	17 Eggplant Parmesan Rotini Pasta Sicilian Blend Vegetables Green Beans Italian Bread Diced Peaches	18 Texas Style Chicken Chili over Rice California Blend Vegetables Cauliflower Orange Juice Peanut Butter Cookie	19 Shrimp Scampi Rice Spinach String Beans Apple Juice Ice Cream Sandwich	20
21 SUB FOR WEEK Chicken Salad on Wheat	22 Chicken Tenders Honey Mustard Sauce Macaroni & Cheese Escarole w/garlic & oil L/S V-8 Juice Fresh Fruit	23 Stuffed Shells Italian Blend Vegetables Spinach Diced Pineapple	24 Turkey Roll up w/ Broccoli & Swiss cheese Cauliflower 3 Bean Medley Cranberry Juice Birthday Cake	25 Pot Roast w/gravy Mashed Potatoes Whole Baby Carrots Broccoli Orange Juice Chocolate crème pie	26 Salmon w/sweet chili Sauce Vegetable wild rice Brussels Sprouts Normandy Blend vegetables Banana	27 
28 SUB FOR WEEK Chicken Tenderloins	29 Chicken & Mushrooms Over Rice Oriental Blend vegetables Peas & Carrots Apple	30 Shrimp Marinara Spaghetti Broccoli Rabe w/garlic & Oil Italian Bread L/S V-8 Juice Diced Pears				

April 2019-Activities




Happy  *Faster!*

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 APRIL FOOLS DAY!! 1:00pm Monday Matinee	2 10:45am Tea Time 1:00pm Exercise Class	3 9:00am Caseworker Stella 9:30am SCOFA Advocate 10:00am Arts & Crafts 1:00pm Grocery Shopping	4 9:00am Caseworker Phyllis 1:00pm Trip to Michaels & Bed, Bath & Beyond	5 11:00am Senior Wellness Presentation: Medical Review with Raymond Krupski, Rph, MBA, ELIH Director of Pharmacy	6
7	8 1:00pm Monday Matinee	9 10:45am Tea Time 1:00pm Exercise Class	10 9:00am Caseworker Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping	4 9:00am Caseworker Phyllis 11:00am Poetry Reading 1:00pm Trip to Christmas Tree Store	12 11:00am Reiki	13
14 PALM SUNDAY	15 1:00pm Monday Matinee	16 10:45am Tea Time 1:00pm Exercise Class 1:30 Caregivers Support Group	17 9:00am Caseworker Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping Shop Rite	18 9:00am Caseworker Phyllis 11:00am BINGO 11:30am Blood Pressures 1:00pm Trip to DSW	19 11:00am Easter Trivia & Easter Bonnet Contest	
21 EASTER	22 1:00pm Monday Matinee	23 10:45am Tea Time 1:00pm Exercise Class	24 BIRTHDAY CELEBRATION 9:00am Caseworker Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping	25 9:00am Caseworker Phyllis 1:00pm Trip to Marshalls & Home Goods	26 11:00am Show and Tell Share your favorite item or story	27
	29 1:00pm Monday Matinee	30 10:45am Tea Time 1:00pm Exercise Class	