




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
						1
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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SUB FOR WEEK L/S CHEESE & BURGER ON A BUN	1 STUFFED SHELLS ROMAINE SALAD O/V DRESSING CAPRI BLEND VEGETABLE FRESH PEACH	2 BBQ PORK OVER RICE COLLARD GREENS CARROTS CORN BREAD MELON	3 TURKEY ROLL UP WITH L/S SWISS CHEESE & BROCCOLI CORN 3 BEAN MEDLEY MASHED CAULIFLOWER RICE PUDDING	4 4TH OF JULY TOWN OFFICES CLOSED	5 TUNA SALAD ON ROMAINE LETTUCE MACARONI SALAD CUCUMBER SALAD APPLE JUICE BLUEBERRY COBBLER	6 
7 SUB FOR WEEK CHICKEN SALAD ON WHEAT	8 SANTA FE CHICKEN YELLOW RICE WITH BLACK BEANS CARROTS ORANGE JUICE FRESH FRUIT	9 BAKED MANICOTTI W/ MEAT SAUCE SPINACH WITH GARLIC & OIL NORMANDY BLEND VEGS L/S V8 JUICE HOMEMADE CHEESECAKE	10 HAM & CHEDDAR CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CUP	11 OPEN FACED ROAST BEEF SANDWICH ROASTED POTATOES BROCCOLI ORANGE JUICE FRESH APPLE PEACH PIE	12 KRABBY CAKES TARTAR SAUCE FIESTA CORN BRUSSELS SPROUTS YELLOW SQUASH APPLE JUICE FRUITED YOGURT	13
14 SUB FOR WEEK EGG SALAD ON A ROLL	15 SHRIMP MARINARA OVER LINGUINI SPINACH CAULIFLOWER ITALIAN BREAD FRESH APPLE	16 CHICKEN STEW OVER EGG NOODLES BROCCOLI FLORETS CALIF. BLEND VEGS APPLE JUICE CHOCOLATE CHIP COOKIE	17 SLOPPY JOE ON A BUN ZUCCHINI PEAS & CARROTS ORANGE JUICE APPLE CRISP	18 EGGPLANT LASAGNA W/ RICOTTA CHEESE ROTINI PASTA SPINACH CRANBERRY JUICE FRUIT SALAD	19 BEER BATTERED COD COTTAGE FRIES SWEET & SOUR CABBAGE SLAW ORANGE JUICE SLICED MELON	20 
21 SUB FOR WEEK TURKEY AND L/S SWISS ON WHEAT	22 STUFFED CABBAGE MASHED GARLIC POTATOES DICED CARROTS APPLE JUICE DICED PINEAPPLE	23 CHICKEN MARSALA OVER RICE ITALIAN BLEND VEGS SPINACH ORANGE JUICE CHOCOLATE PUDDING	24 ROAST PORK LOIN W/ APPLE KRAUT ROASTED POTATOES BRUSSELS SPROUTS RYE BREAD CRANBERRY JUICE BROWNIES	25 MEATLOAF W/ GRAVY SWEET POTATO MASH ASPARAGUS APPLE JUICE ORANGE	26 PESTO SHRIMP OVER ROMAINE LETTUCE CARROT-RAISIN SALAD VEGETABLE-PASTA SALAD FRUIT CUP	27
28 SUB FOR WEEK CHICKEN TENDERS WITH BBQ SAUCE	29 CHICKEN CACCIATORE OVER ROTINI PASTA ITALIAN BREAD MIXED VEGETABLES CAULIFLOWER BANANA	30 PEPPER STEAK OVER RICE ZUCCHINI ORIENTAL BLEND VEGS MANDARIN ORANGES	31 BEEF CHILI OVER RICE SLICED CARROTS GREEN BEANS ORANGE JUICE BIRTHDAY CAKE			

July Activities 2019

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	1 1:00pm Monday Matinee	2 10:45pm Tea Time Tuesday NO EXERCISE CLASS	3 9:00am Case Manager Stella 9:30am SCOFA Advocate 10:00am Arts & Crafts 1:00pm Grocery Shopping	4 4TH OF JULY TOWN OFFICES CLOSED	5 11:00am Senior Wellness Presentation: "Summer Safety" by Andrea Libutti, MD Emergency Medicine	6 
7	8 1:00pm Monday Matinee	9 10:45pm Tea Time Tuesday 1:00pm Exercise Class	10 9:00am Case Manager Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping 3:00-5:00pm <i>Summer Songs & Supper</i> w/ musical entertainment by Butterfly Cody	11 9:00am Case Manager Phyllis 11:15am PSEG/National Grid Presentation 1:00pm Trip to Target	12 11:00am Reiki	13 
14 	15 1:00pm Monday Matinee "	16 10:45pm Tea Time Tuesday 1:00pm Exercise Class 1:30pm Caregivers Support Group	17 9:00am Case Manager Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping	18 9:00am Case Manager Phyllis 11:00am Poetry Reading 11:30am Blood Pressure Clinic 1:00pm Trip to ELIH Opportunity Shop	19 11:00am BINGO	20 nationalgrid
21	22 1:00pm Monday Matinee	23 10:45pm Tea Time Tuesday 1:00pm Exercise Class	24 9:00am Case Manager Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping 3:00-5:00pm <i>Summer Songs & Supper</i> w/ musical entertainment by Paul Matthews	25 9:00am Case Manager Phyllis 1:00pm Trip to Christmas Tree Shop & Five Below	26 11:00am Show & Tell Share your favorite Item or Story	27
28 	29 1:00pm Monday Matinee	30 10:45pm Tea Time Tuesday 1:00pm Exercise Class	31 BIRTHDAY CELEBRATION 9:00am Case Manager Stella 10:00am Arts & Crafts 1:00pm Grocery Shopping			27 