


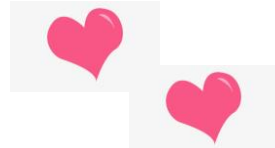


YORKTOWN SENIOR CENTER
(914) 962-7447

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CRISPY BAKED FISH BUTTERED GRITS CARIBBEAN VEGETABLES WHEAT BREAD CAKE	4 PENNE W/BROCCOLI & WHITE BEANS SALAD W/CHICKPEAS & SHREDDED CHEESE ITALIAN BREAD FRUIT	5 TURKEY W/MUSHROOM STUFFING MASHED CAULIFLOWER CREAMED SPINACH CORN BREAD FRUIT CRANBERRY SAUCE	6 MEATLOAF W/GRAVY MASHED POTATOES PEAS & ONIONS RYE BREAD PINEAPPLE CHUNKS	7 ROASTED CHICKEN W/GRAVY QUINOA & KALE HONEY CITRUS CARROTS DINNER ROLL PEARS
10 CHEESE LASAGNA BROCCOLI W/CHICKPEAS ITALIAN BREAD MANDARIN ORANGES	11 JERK CHICKEN THIGH MACARONI & CHEESE COLLARD GREENS CORNBREAD SWEET POTATO PIE V-8 JUICE	12 SALMON ROASTED POTATOES TOSSED SALAD WHEAT ROLL FRUIT COCKTAIL	13 TROPICAL PORK WHITE RICE ASIAN VEGETABLES PUMPERNICKEL BREAD PINEAPPLE CHUNKS	14  HONEY MUSTARD CHICKEN SWEET POTATOES FRENCH STYLE GREEN BEANS DINNER ROLL CAKE
17 !!! CLOSED !!! 	18 SALISBURY STEAK W/GRAVY MASHED POTATOES BROCCOLI FLORETS RYE BREAD MANDARIN ORANGES	19 BROCCOLI QUICHE LENTIL PILAF STEWED TOMATOES WHEAT BREAD PINEAPPLE CHUNKS	20 YANKEE POT ROAST AU GRATIN POTATOES PEAS & CARROTS DINNER ROLL PIE	21 EGGPLANT PARMIGIANA WHOLE WHEAT PENNE ZUCCHINI TOSSED SALAD W/CHICKPEAS ITALIAN BREAD FRUIT
24 CHICKEN SAUSAGE TATER TOTS PEPPERS & ONIONS WHEAT BREAD MANDARIN ORANGES	25 BREADED PORK CHOP HARVARD BEETS GREEN CABBAGE PUMPERNICKEL BREAD PINEAPPLE CHUNKS APPLESAUCE	26 BEEF & BEAN CHILI RICE GREEN BEANS CORNBREAD FRUIT V-8 JUICE	27 HERB CHICKEN W/GRAVY LEMON POTATOES SPINACH RYE BREAD FRUIT COCKTAIL	28 SPAGHETTI W/ MEATBALLS BROCCOLI FLORETS ITALIAN BREAD CAKE
				

* Milk served daily

**Menus subject to change without notice.

IF YOU HAVE A FOOD ALLERGY, PLEASE CONTACT THE OFFICE.

*** SUGGESTED DONATION - \$3 PER MEAL ***