

YORKTOWN SENIOR CENTER

HDM

962-7447

MONDAY 12/19/16

STUFFED PEPPER
ROASTED POTATOES
MIXED VEGETABLES
MILK
MULTIGRAIN BREAD
SLICED PEARS

MONDAY 12/26/16

CLOSED
!!! MERRY CHRISTMAS !!!

MONDAY 1/2/17

CLOSED
!!! HAPPY NEW YEAR !!!

TUESDAY 12/20/16

TILAPIA
RED BEANS & RICE
BROCCOLI
MILK
WHOLE WHEAT BREAD
MANGO CHUNKS

TUESDAY 12/27/2016

BEEF BRISKET
POTATO LATKES
CARROT TZIMMIES
MILK
DINNER ROLL OR CHALLAH
APPLE CRISP

TUESDAY 1/3/17

ROASTED PORK CHOP
ROASTED POTATOES
CREAMED SPINACH
MILK
PUMPERNICKEL BREAD
FRUIT

WEDNESDAY 12/21/16

SHEPERDS' PIE
MASHED POTATOES
SPINACH
MILK
DINNER ROLL
VANILLA PUDDING

WEDNESDAY 12/28/16

SALMON BURGER
QUIONA & KALE
WAX BEANS
MILK
HAMBURGER BUN
FRUIT

WEDNESDAY 1/4/17

ITALIAN MEATBALLS
SPAGHETTI W/TOMATO SAUCE
TOSSED SALAD W/ BLACK OLIVES
MILK
PLUMS

THURSDAY 12/22/16

EGGPLANT PARMIGIANA
WHOLE WHEAT PENNE
TOSSED SALAD W/ CHICKPEAS
MILK
ITALIAN BREAD
FRUIT

THURSDAY 12/29/16

JERK CHICKEN
SPICED CARROTS
BLACK EYED PEAS & RICE
MILK
CORNBREAD
FRUIT

THURSDAY 1/5/17

BROCCOLI QUICHE
MASHED SWEET POTATOES
GREEN BEANS
MILK
DINNER ROLL
BROWNIE

FRIDAY 12/23/16

CHICKEN CUTLET
SCALLOPED POTATOES
GREEN BEANS
MILK
DINNER ROLL
CHOCOLATE CAKE

FRIDAY 12/30/16

ROAST TURKEY
BAKED SWEET POTATO
SPINACH
MILK
MULTIGRAIN BREAD
CAKE

FRIDAY 1/6/17

FLOUNDER OREGANATA
ORZO PILAF
MIXED VEGETABLES
MILK
MULTIGRAIN BREAD
SLICED PEARS

Menus subject to change without notice.

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

