

YORKTOWN SENIOR CENTER



MONDAY 10/5/20

CRISPY BAKED FISH
BUTTERED GRITS
KALE & ONIONS
PUMPERNICKEL BREAD
PINEAPPLE CHUNKS

TUESDAY 10/6/20

COUNTRY CAPTAIN CHICKEN
BUTTERED PASTA
MIXED VEGETABLES
DINNER ROLL
OATMEAL COOKIES

WEDNESDAY 10/7/20

PORK CUTLET PICATTA
SCALLOPED POTATOES
SPINACH
WHOLE WHEAT BREAD
FRUIT

THURSDAY 10/8/20

STUFFED SHELLS
TOSSED SALAD W/CHICKPEAS
BROCCOLI FLORETS
ITALIAN BREAD
TAPIOCA PUDDING

FRIDAY 10/9/20

YANKEE POT ROAST
MASHED POTATOES
GREEN BEANS
MULTIGRAIN BREAD
FRUIT

COLD MEAL

TUNA SALAD SANDWICH
MIXED VEGETABLE SALAD
GRAPE JUICE
FRUIT

MONDAY 10/12/20

COLUMBUS DAY

!!! CLOSED !!!

TUESDAY 10/13/20

MANICOTTI
TOSSED SALAD W/CHICKPEAS
GREEN BEANS
ITALIAN BREAD
BOSTON CREAM PIE

WEDNESDAY 10/14/20

BEEF & PEPPER STEAK
ROASTED POTATOES
GLAZED CARROTS
WHOLE WHEAT BREAD
FRUIT

THURSDAY 10/15/20

ORANGE GINGER CHICKEN
WHITE RICE
BROCCOLI FLORETS
MULTIGRAIN BREAD
PINEAPPLE CHUNKS

FRIDAY 10/16/20

HUNGARIAN VEAL GHOULASH
BUTTERED NOODLES
SPINACH
DINNER ROLL
SLICED PEACHES

COLD MEAL

ROAST TURKEY SANDWICH
CARROT RAISIN SALAD
PINEAPPLE JUICE
SHORTBREAD COOKIES

MONDAY 10/19/20

STUFFED PEPPER
ROASTED POTATOES
MIXED VEGETABLES
WHOLE WHEAT BREAD
SLICED PEACHES

TUESDAY 10/20/20

BAKED HAM W/RAISIN SAUCE
AU GRATIN POTATOES
FRENCH STYLE GREEN BEANS
DINNER ROLL
CARROT CAKE

WEDNESDAY 10/21/20

TILAPIA OREGANATA
PARSLIED COUSCOUS
HONEY CITRUS CARROTS
MULTIGRAIN BREAD
FRUIT

THURSDAY 10/22/20

MANICOTTI
TOSSED SALAD W/CHICKPEAS
BROCCOLI
ITALIAN BREAD
FRUIT

FRIDAY 10/23/20

HONEY MUSTARD CHICKEN
LEMON POTATOES
MIXED VEGETABLES
CORNBREAD
FRUIT

COLD MEAL

MOZZARELLA CHEESE SANDWICH
PESTO PASTA SALAD
APPLE JUICE
PUDDING

MONDAY 10/26/20

SALMON LOAF
LENTIL PILAF
ZUCCHINI
WHOLE WHEAT BREAD
FRUIT

TUESDAY 10/27/20

CHEESE LASAGNA
TOSSED SALAD W/CHICKPEAS
SPINACH
ITALIAN BREAD
FRUIT

WEDNESDAY 10/28/20

SPINACH QUICHE
HAVARD BEETS
FRENCH STYLE GREEN BEANS
PUMPERNICKEL BREAD
RICE PUDDING

THURSDAY 10/29/20

BREADED PORK CHOP
ROASTED POTATOES
CAULIFLOWER W/PEAS
WHOLE WHEAT BREAD
PINEAPPLE CHUNKS

FRIDAY 10/30/20

BAKED ORANGE CHICKEN
SWEET POTATO
WAX BEANS
CORNBREAD
CAKE

COLD MEAL

HAM SANDWICH
COLESLAW
DINNER ROLL
FRUIT



* Milk served daily

**Menus subject to change without notice.

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

962-7447