

YORKTOWN SENIOR CENTER

(914) 962-7447

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HONEY MUSTARD CHICKEN MASHED SWEET POTATOES WAX BEANS WHEAT BREAD MANDARIN ORANGES	2 GARLIC PARMESAN FLOUNDER LEMON POTATOES GLAZED CARROTS RYE BREAD PEACHES	3 SPINACH QUICHE BOWTIE PASTA W/PESTO TOSSED SALAD PUMPERNICKEL BREAD PIE FRUIT	4 GERMAN PORK CHOP W/ SAUERKRAUT HOT GERMAN POTATO SALAD GREEN BEANS DINNER ROLL SLICED APPLES	5 ROAST TURKEY W/GRAVY MUSHROOM & ONION STUFFING KALE & ONIONS WHOLE WHEAT BREAD FRUIT CRANBERRY SAUCE
8 SOLE FLORENTINE LENTIL PILAF CARROTS WHOLE WHEAT BREAD PINEAPPLE CHUNKS	9 MEATLOAF W/GRAVY MASHED POTATOES ZUCCHINI DINNER ROLL MANDARIN ORANGES	10 !!SITE CLOSED!!	11 EGGPLANT PARMIGIANA BROCCOLI FLORETS TOSSED SALAD W/CHICKPEAS WHOLE WHEAT BREAD FRUIT	12 VEAL & MUSHROOMS BUTTERED NOODLES MEDITERRANEAN VEGETABLES PUMPERNICKEL BREAD FRUIT
15 MACARONI & CHEESE STEWED TOMATOES GREEN BEANS WHOLE WHEAT BREAD FRUIT	16 YANKEE POT ROAST MASHED POTATOES PEAS & CARROTS RYE BREAD FRUIT PIE	17 SALMON POTATO WEDGES TOSSED SALAD WHOLE WHEAT BREAD PEARS	18 BBQ CHICKEN RED BEANS & RICE RED CABBAGE CORNBREAD FRUIT CAKE	19 !!! CLOSED !!! 
22 POTATO, PEPPERS & CHEESE FRITTATA HOME FRIED POTATOES CARROTS WHOLE WHEAT BREAD PEACHES	23 CHEF' SALAD W/ HAM, TURKEY & CHEESE THREE BEAN SALAD KAISER ROLL FRUITED GELATIN	24 HONEY GARLIC CHICKEN & BROCCOLI BROWN RICE ASIAN VEGETABLES WHOLE WHEAT BREAD PINEAPPLE CHUNKS	25 TILAPIA VERACRUZ LENTIL PILAF BROCCOLI FLORETS DINNER ROLL FRUIT	26 CHEESE ZITI TOSSED SALAD W/CHICKPEAS ZUCCHINI ITALIAN BREAD FRUIT CAKE
29 CRISPY BAKED COD CORN KALE & ONIONS WHEAT BREAD PINEAPPLE CHUNKS	30 ROAST TURKEY W/GRAVY SWEET POTATO CAULIFLOWER & PEAS CORNBREAD FRUIT CRANBERRY SAUCE			

* Milk served daily

**Menus subject to change without notice.

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

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