

YORKTOWN SENIOR CENTER

(914) 962-7447

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 !!!! OKTOBERFEST !!!	2 COUNTRY CAPTAIN CHICKEN BUTTERED BROWN RICE GREEN BEANS RYE BREAD FRUIT	3 MEATLOAF W/GRAVY MASED POTATOES PEAS & CARROTS ITALIAN BREAD PEACH PIE
6 CRISPY BAKED FISH CORN KALE & ONIONS WHOLE WHEAT BREAD PINEAPPLE CHUNKS	<u>CELEBRATE OKTOBERFEST !</u> 7 BEEF SAUERBRATEN POTATO PANCAKES RED CABBAGE PUMPERNICKEL BREAD GERMAN COFFEE CAKE APPLESAUCE	8 !!!!SITE CLOSED!!!	9 ROAST TURKEY W/GRAVY SWEET POTATOES CAULIFLOWER & PEAS WHOLE WHEAT BREAD MELON	10 EGGPLANT PARMIGIANA TOSSED SALAD ZUCCHINI ITALIAN BREAD CHOCOLATE CAKE
13 !!! CLOSED !!! 	14 MANICOTTI SPINACH W/GARLIC FRENCH STYLE GREEN BEANS DINNER ROLL FRUIT	15 SALISBURY STEAK MASHED POTATOES BROCCOLI ITALIAN BREAD PINEAPPLE CHUNKS	16 PORK CUTLET PICATTA LEMON POTATOES RED CABBAGE PUMPERNICKEL BREAD PEACHES	17 SHREDDED CHICKEN VERACRUZ RED BEANS & RICE GREEN BEANS TORTILLA VANILLA PUDDING
 20 CHICKEN CURRY BASMATI RICE CREAMED SPINACH YOGURT CUCUMBER SALAD WHOLE WHEAT BREAD COCONUT CAKE	21 STUFFED PEPPERS MASHED POTATOES COLLARD GREENS CORNBREAD PINEAPPLE CHUNKS	22 KNOCKWURST W/SAUERKRAUT BAKED BEANS COLESLAW CLUB ROLL FRUIT	23 SALMON W/LEMON BUTTER POTATOES FRENCH STYLE GREEN BEANS MULTIGRAIN BREAD ORANGE	24 CHEESE LASAGNA BROCCOLI FLORETS TOSSED SALAD W/CHICKPEAS ITALIAN BREAD CAKE
27 CHICKEN SAUSAGE TATER TOTS PEPPERS & ONIONS CLUB ROLL FRUIT	28 ROAST TURKEY W/GRAVY MUSHROOM ONION STUFFING SPINACH CORNBREAD STRAWBERRIES & BANANAS CRANBERRY SAUCE	29 STUFFED SHELLS BROCCOLI FLORETS TOSSED SALAD W/CHICKPEAS ITALIAN BREAD FRUIT	30 ORANGE GINGER CHICKEN BUTTERED BROWN RICE ORIENTAL VEGETABLES DINNER ROLL CARROT CAKE	 31 YANKEE POT ROAST LEMON POTATOES GREEN BEAN CASSEROLE MULTIGRAIN BREAD PINEAPPLE CHUNKS

* Milk served daily

**Menus subject to change without notice.

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

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