April 2016

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. Come join us for lunch at the Southold Town Senior Center located at 750 Pacific St. in Mattituck. Our phone number is 298-4460. Lunch is served at 12:00 noon, and we asked that you sign in by 11:30 am to ensure seating and being served.
We look forward to seeing you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Parmesan Tilapia Rice Diced Carrots String Beans Orange Juice Apple Betty APRIL FOOL'S DAY	2
3 sub for wk Turkey & L/S Swiss on Whole Wheat	4 Spanish Style Chicken w/Yellow Rice Green Beans Spinach Mixed Fruit Cup	5 Ham w/Peach Ginger Sauce Roasted Potatoes Asparagus Apple Sauce Apple juice Coconut Custard Pie	6 Homemade Beef Lasagna Normand Blend Vegetables Zucchini & Onions Grape Juice Banana	7 BBQ Chicken Baked Beans Broccoli Apple-Carrot Juice Apple Homemade Cheesecake	8 Potato Encrusted Cod Wild Rice California Blend Vegetables Broccoli Orange Juice Fruited Yogurt	9
10 sub for wk Chicken Tenders	11 Chicken Cordon Bleu Rice Pilaf String Beans Spinach Orange Juice Apple	12 Cheddar & Spinach Quiche Corn Carrots L/S V8 Juice Mango Chunks	13 Turkey w/Gravy Sausage/Cranberry/Cornbread Stuffing Cauliflower Broccoli Apple-Pear Juice Peach Cobbler	14 Stuffed Flounder Wild Rice Asparagus Carrots Apple Juice Ice Cream	15 Stuffed Cabbage Mashed Potatoes Brussels Sprouts Orange	16
17 sub for wk Tuna Salad on Rye	18 Turkey Chili over Brown Rice Diced Beets California Blend Vegetables Orange Juice Diced Pears	19 Chicken Cacciatore Penne Pasta Mixed Vegetables Spinach Grape Juice Chocolate Cake	20 Roasted Vegetable Lasagna Brussels Sprouts Corn Tropical Fruit Salad	21 Pot Roast w/Gravy Mashed Potatoes Red Cabbage Broccoli Orange Juice Bev's Special Cake	22 Honey Mustard Salmon Rosemary Potatoes Cauliflower Apple-Pear Juice Oranges PASSOVER begins at sundown EARTH DAY	23
24 sub for wk Ham & L/S American Cheese on Roll	25 Stuffed Shells Italian Blend Vegetables Diced Beets Pineapple Tidbits	26 Chicken Tenders Macaroni & Cheese Spinach Carrots Diced Peaches	27 Roast Beef w/Gravy Mashed Potatoes Okra & Stewed Tomatoes Brussels Sprouts Apple-Carrot Juice Birthday Cake	28 Chicken Parmesan over Rigatoni Romaine Salad Italian Blend Vegetables Broccoli Lemon Meringue Pie	29 Crab Cake Rice Pilaf Asparagus Carrots Fruit Cup	30

APRIL SHOWERS BRING MAY FLOWERS

April 2016

ACTIVITIES
SOUTHOLD TOWN SENIOR SERVICES
750 Pacific St., Mattituck - 298-4460
Karen McLaughlin, Director
Jacqueline Martinez, Sr. Citizen Cntr Mgr.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1:00 pm Trip to 5 BELOW APRIL FOOL'S DAY	2
3	4 1:00 pm Monday Matinee -	5 9:30 am Grocery Guide @ Stop & Shop - must sign up in advance	6 9:00 am SCOFA Sr. Advocate 1:00 pm Grocery Shopping	7 9:00 am Caseworker Phyllis 10:00 am Tablet Class 2:00 pm Bereavement Group	8 11:00 am Reiki Circle 1:00 pm Trip to K-Mart	9
10	11 1:00 pm Monday Matinee -	12 WEAR YOUR FAVORITE HAT DAY	13 9:00 am Caseworker Stella 1:00 pm Grocery Shopping @ Stop & Shop	14 9:00 am Caseworker Phyllis 10:00 am Tablet Class 2:00 pm Bereavement Group	15 9:30 am Day of Beauty - must sign up in advance	16
17	18 1:00 pm Monday Matinee -	19 10:45 am Tea Time Tuesdays 1:30 pm Caregivers Support Group	20 9:00 am Caseworker Stella 1:00 pm Grocery Shopping	21 9:00 am Caseworker Phyllis 10:00 am Tablet Class	22 1:00 pm Trip to DSW PASSOVER begins at sundown EARTH DAY	23
24	25 12:45 pm Monday Matinee -	26 10:45 am Tea Time Tuesdays	27 9:00 am Caseworker Stella 11:30 am Blood Pressure Clinic 1:00 pm Grocery Shopping	28 9:00 am Caseworker Phyllis 10:00 am Tablet Class	29 11:00 am "Show & Tell" - share with us your favorite story or item from your collection	30