July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 BBQ Chicken Rice Pilaf Broccoli Cole Slaw Apple Juice Strawberry & Blueberry Shortcake	2
3 sub for wk Cheeseburger on Bun	4 INDEPENDENCE DAY HOLIDAY BUILDING CLOSED	5 Stuffed Shells Romaine Salad Mixed Vegetables Spinach Ice Cream	6 Apricot Chicken Wild Rice Carrots Broccoli Orange Juice Orange Cream Fruit Salad	7 Roast Beef w/Gravy Mashed Potatoes Green Beans Orange Juice Orange	8 Tuna Salad on Romaine Cole Slaw Macaroni Salad Beet Salad L/S V8 Juice Peach Cobbler	9
10 sub for wk Roast Beef & Muenster on Rye	11 Chicken w/Broccoli & Cheese Yellow Rice w/Black Beans Carrots Broccoli Apple Juice Chocolate Chip Cookies	12 Ziti w/Marinara Sauce Chic Pea Salad Green Beans Normandy Blend Vegetables L/S V8 Juice Homemade Cheesecake	13 Bacon, Broccoli & Cheddar Quiche Diced Beets Corn Orange Juice Diced Pears	14 L/S Ham w/Peach & Ginger Sauce Mashed Cauliflower Baked Beans Orange Juice Honeydew Melon	15 Crab Cake Garden Blend Rice Brussels Sprouts Pineapple Juice Peach Chunks	
17 sub for wk Egg Salad on Wheat	18 Chicken w/Brie & Cranberries Rice Pilaf Brussels Sprouts Apple Juice Mango Chunks	19 Shrimp Stir Fry over Rice Broccoli Roasted Corn & Peppers L/S V8 Juice Orange	20 Loin of Pork Roasted Potatoes Apple Sauce Red Cabbage Asparagus Oatmeal Raisin Cookies	21 Eggplant Parmesan over Penne Italian Green Beans Mixed Vegetables Apple Juice Banana Cream Pie	22 Breaded Flounder Macaroni & Cheese Okra & Stewed Tomatoes Cranberry Juice Watermelon	23
24 sub for wk Chicken Cordon Bleu PARENTS' DAY	25 Stuffed Cabbage Mashed Potatoes Diced Carrots Orange Juice Tropical Fruit Salad	26 Meatloaf w/Gravy Mashed Potatoes Asparagus Orange Juice Apple	27 Chicken Mediterranean Salad Beet Salad 3 Bean Salad Apple Juice Birthday Cake	28 Chicken Milano w/Buttered Noodles Italian Blend Vegetables Spinach Cranberry Juice Bread Pudding	29 Potato Encrusted Cod Baked French Fries Brussels Sprouts Orange Juice Strawberries	30
31 sub for wk Chicken Tenders						

MENU SUBJECT TO CHANGE WITHOUT NOTICE. Come for lunch at the Southold Town Senior Center located at 750 Pacific St. in Mattituck. Lunch is served at 12:00 noon, and we ask that you sign in by 11:30 am. We look forward to serving you. Our phone number is 631-298-4460.

July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ACTIVITIES		BLOOD PRESSURE CLINIC TO BE ANNOUNCED			1 1:00 pm Trip to Walmart	2
3	4 INDEPENDENCE DAY HOLIDAY BUILDING CLOSED	5 10:45 am Tea Time Tuesday	6 9:00 am SCOFA Sr. Advocate 10:45 am Arts & Crafts 1:00 pm Grocery Shopping	7 9:00 am Caseworker Phyllis 12:45 pm Computer Class	8 11:00 am Reiki Circle 1:00 pm Trip to Macy's	9
10	11 1:00 pm Monday Matinee -	12 10:45 am Tea Time Tuesday	13 9:00 am Caseworker Stella 10:45 am Arts & Crafts 1:00 pm Grocery Shopping 6:00 pm Summer Songs & Supper	14 9:00 am Caseworker Phyllis 12:45 pm Computer Class	15 1:00 pm Trip to Michael's and Bed Bath & Beyond	16
17	18 1:00 pm Monday Matinee -	19 10:45 am Tea Time Tuesday 1:30 pm Caregivers Support Group	20 9:00 am Caseworker Stella 10:45 am Arts & Crafts 1:00 pm Grocery Shopping @ Stop & Shop	21 9:00 am Caseworker Phyllis 12:45 pm Computer Class	22 1:00 pm Trip to DSW	23
24 PARENTS' DAY	25 1:00 pm Monday Matinee -	26 10:45 am Tea Time Tuesday	27 9:00 am Caseworker Stella 10:45 am Arts & Crafts 1:00 pm Grocery Shopping 6:00 pm Summer Songs & Supper	28 9:00 am Caseworker Phyllis 12:45 pm Computer Class	29 11:00 am Show and Tell 1:00 pm Trip to Dollar Tree	30
31						

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