

YORKTOWN SENIOR CENTER

(914) 962-7447

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BLACK BEAN BURGER BULGER PILAF W/ STEWED TOMATOES & CHICKPEAS HAMBURGER BUN PINEAPPLE CHUNKS	2 MOLASSES CHICKEN THIGH BAKED BEANS CARROTS RYE BREAD PEACHES
5 SOLE FLORENTINE SWEET POTATOES GREEN BEANS WHEAT BREAD MANDARIN ORANGES	6 BEEF & CHEESE LASAGNA TOSSED SALAD BROCCOLI ITALIAN BREAD FRUIT	7 CHICKEN VERACRUZ RED BEANS & RICE ZUCCHINI TORTILLA FRUIT VANILLA PUDDING	8 POTATO & HAM FRITTATA TOSSED SALAD GLAZED CARROTS ITALIAN BREAD FRUIT COCKTAIL	9 ROAST TURKEY W/GRAVY ROASTED POTATOES CREAMED SPINACH WHEAT BREAD APPLE CRANBERRY SAUCE
12 !!! CLOSED !!! 	13 BAKED FISH BARLEY & VEGETABLE MEDLEY CORN BREAD MANDARIN ORANGES TARTAR SAUCE	14 <u><i>Celebrate Italian Heritage!</i></u> CHICKEN PARMIGIANA PENNE BROCCOLI FLORETS ITALIAN BREAD ITALIAN COOKIES  	15 YANKEE POT ROAST POTATOES FRENCH STYLE GREEN BEANS DINNER ROLL PEACHES	16 BREADED PORK CHOP ROASTED POTATOES CARROTS RYE BREAD APPLESAUCE
19 TURKEY BURGER W/CHEESE TATER TOTS COLESLAW HAMBURGER BUN MANDARIN ORANGES	20 CHICKEN MARSALA SPAGHETTI W/ BASIL PESTO GREEN BEANS FRUIT WHEAT BREAD	21 HAM W/ RAISIN SAUCE SCALLOPED POTATOES MIXED VEGETABLES PUMPERNICKEL BREAD APPLES	22 CRISPY BAKED FISH BUTTERED GRITS COLLARD GREENS WHOLE WHEAT BREAD FRUIT SWEET POTATO PIE TARTAR SAUCE	23 MEATLOAF W/GRAVY MASHED POTATOES PEA & CARROTS RYE BREAD PEACHES
26 SALISBURY STEAK W/GRAVY MASHED POTATOES CARROTS WHOLE WHEAT BREAD FRUIT COCKTAIL	27 ROAST TURKEY W/ GRAVY SWEET POTATOES CAULIFLOWER & PEAS CORNBREAD FRUIT CRANBERRY SAUCE	DELIVERED ON 10/27 EGG SALAD PASTA SALAD CARROT RAISIN SALAD CLUB ROLL MANDARIN ORANGES COOKIES	29 BLACK BEAN BURGER W/ CHEESE SOUTHWEST BARLEY RISOTTO TOSSED SALAD HAMBURGER BUN PEACHES	30 CHICKEN FRANCESE ROSEMARY POTATOES BROCCOLI FLORETS ITALIAN BREAD FRUIT CAKE

* Milk served daily

**Menus subject to change without notice.

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

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