

RIVERHEAD SENIOR CENTER

MARCH 2010

1
CHICKEN TENDERS
MEXICAN RICE
VEGETABLE

2
SAUCY MEATLOAF
MASHED POTATO
VEGETABLE

3
BEEF STEW
OVER PASTA
VEGETABLE

4
ROAST TURKEY
W/ GRAVY
CRANBERRY SAUCE
STUFFING
VEGGIE

5
BAKED FISH ON A BUN
OVEN ROASTED POTATO
VEGGIE

8
HAM STEAK
PINEAPPLE
POTATO
VEGGIE

9
ORANGE MANDARIN
CHICKEN CUTLET
BUTTERED NOODLES
VEGGIE

10
BAKED ZITI
MEAT SAUCE
CAESAR SALAD

11
BAKED PORK CHOPS
APPLESAUCE
WILD RICE
VEGGIE

12
COD FISH
ROASTED POTATO
VEGGIE

15
CHICKEN CORDON
BLEU W/ SAUCE
RICE PILAF
VEGETABLE

16
GRILLED TILAPIA
OVEN SLICED POTATO
VEGETABLE

17
CORNED BEEF &
CABBAGE

18
ROAST BEEF
BAKED YAMS
VEGGIE

19
BAKED FISH
ROASTED POTATO
VEGETABLE

ST. PATRICK'S DAY

22
CHEESE BURGER
OVEN FRIES
VEGGIE

23
GRILLED CHICKEN
CUTLET
PASTA W/ SAUCE
VEGGIE

24
LASAGNA ROLLS
MEAT SAUCE
GARDEN SALAD
VEGGIE

25
ROAST PORK LOIN

MID DAY SPECIAL
11 TO 2

26
BAKED FLOUNDER
TARTAR SAUCE
GARLIC POTATO
VEGGIE

29
OVEN FRIED CHICKEN
YAMS
VEGGIE

30
SAUCY PORK CHOPS
WILD RICE
VEGGIE

31
VEAL CORDON BLEU
PASTA NOODLES
VEGETABLE

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE
RIVERHEAD SENIOR CENTER 722-4444 EXT. 290