

**TOWN OF EASTCHESTER**  
**SENIOR CENTER AT LAKE ISLE**  
**NUTRITION CENTER and HOME DELIVERED MEALS**  
**337-0390**

**February-17**

RESERVATIONS  
 REQUIRED. MENU  
 SUBJECT TO CHANGE.

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Stuffed Cabbage, White Rice, Mixed Vegetables, Vanilla Pudding w/Whipped Topping	Baked Pesto Chicken, Roasted Potatoes, Tossed Salad w/Black Olives, Fresh Fruit	Pork Cutlet Picatta, Israeli Couscous, Spinach, Sliced Peaches
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Italian Chicken Sausage, Peppers & Onions, Potato Wedges, Green Beans, Fruit Medley	Beef Stew, Buttered Noodles, Spinach, Pineapple Chunks	Tilapia, Red Beans & Rice, Zucchini, Fresh Fruit	Roasted Ham, Scalloped Potatoes, Glazed Carrots, Pound Cake	Pasta w/Chicken, Broccoli & Garlic, Tossed Salad w/Chickpeas, Fresh Fruit
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Pepper & Onion Frittata, Home Fried Potatoes, Stewed Tomatoes, Apricot Halves	Roast Chicken, Honey Mustard Sauce, Harvard Beets, French Style Green Beans, Cherry Pie w/Whipped Topping	Meatloaf, Mashed Potatoes, Peas & Carrots, Fresh Fruit	Roast Turkey, Sweet Potato, Crumb Baked Cauliflower, Mango Chunks	Breaded Pork Chop, Corn Nibbles, Red Cabbage, Sliced Peaches
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
CENTER CLOSED FOR PRESIDENTS DAY	Chicken Cutlet Parmigiana, Rotini Pasta w/Tomato Sauce, Spinach, Fruit Cocktail	Yankee Pot Roast, Lyonnais Potatoes, Mixed Vegetables, Boston Crème Pie	Salmon Cake, Sweet Potato, Wax Beans, Cake	Scrambled Eggs, Bacon, Sausage, Hash Browns, Fresh Fruit
MONDAY 27	TUESDAY 28			
Knockwurst, Sauerkraut, Roasted Potatoes, Carrots, Pineapple Chunks	Chicken Ratatouille, Red Beans & Rice, Green Beans, Carrot Cake			