



AUGUST 2022



Riverhead Senior Center (631) 727-3200 EXT.290

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHICKEN CORDON BLEU RED POTATO CAULIFLOWER	2 BEEF AND BROCCOLI RICE	3 L.S. TURKEY & SWISS ROMAINE SALAD COLE SLAW	4 CHICKEN CACCIATORE RICE ITALIAN BEANS	5 POTATO CRUSTED COD EGG NOODLES KALE W/ ONIONS
8 CHICKEN PICCATA MASHED POTATO SPINACH	9 STUFFED PEPPERS RED POTATO ZUCCHINI	10 L.S. BREADED CHICKEN CUTLET ON A BUN BROCCOLI MIXED VEGGIE	11 L.S. HAM STEAK W/ PINEAPPLE SWEET POTATO BRUSSEL SPROUTS	12 BATTER DIPPED COD EGG NOODLES STRING BEANS
15 MEATBALL STROGANOFF EGG NOODLES ITALIAN VEGGIES	16 CHICKEN PARMESAN PASTA SNAP PEAS	17 L.S. HAM & SWISS ROMAINE SALAD TOMATO & CUKE SALAD	18 SAUSAGE & PEPPERS RED POTATO CAULIFLOWER	19 KRABBY CAKE CORN COLLARD GREENS
22 CHICKEN MARSALA RICE PILAF BRUSSEL SPROUTS	23 <u>CENTER CLOSED</u> <u>AUGUST 23RD</u>	24 CHICKEN SALAD BEET SALAD CARROT SALAD	25 HOT TURKEY STUFFING SPINACH	26 GARLIC SHRIMP WILD RICE SNAP PEAS
29 OVEN FRIED CHICKEN ROASTED POTATO COLLARD GREENS	30 SALISBURY STEAK SCALLOPED POTATO MIXED VEGGIE	31 CHEF SALAD HARD BOILED EGG PASTA SALAD		

MENU IS SUBJECT TO CHANGE AND MAY BE DIFFERENT FOR MEALS ON WHEELS

