






FEBRUARY 2020

Riverhead Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHICKEN CORDON BLEU CORN SNAP PEAS	4 SHEPHERD'S PIE MASHED POTATO PEAS & CARROTS	5 CHICKEN PARMESAN SPAGHETTI ZUCCHINI	6 POT ROAST BOILED POTATO BRUSSEL SPROUTS	7 BATTERED DIPPED COD EGG NOODLES STRING BEANS
10 1/4 BBQ CHICKEN STUFFING CAULIFLOWER	11 BEEF STEW EGG NOODLES CARROTS	12 TURKEY WITH GRAVY MASHED POTATO SPINACH	13 MEATBALL STROGANOFF EGG NOODLES	14 <u>CENTER CLOSED</u>
17 <u>CENTER CLOSED</u> <u>PRESIDENTS' DAY</u>	18 CHICKEN CACCIATORE RICE ITALIAN VEGETABLE	19 L.S. HAM STEAK SWEET POTATO BRUSSEL SPROUTS	<u>20</u> <u>VALENTINE'S DAY</u> <u>PARTY</u> <u>YOU MUST PRE</u> <u>REGISTER!!</u>	21 POTATO CRUSTED COD WILD RICE OKRA W/ GARLIC
24 OVEN FRIED CHICKEN ROASTED POTATO COLLARD GREENS	25 SAUSAGE & PEPPERS RICE ZUCCHINI	26 ROASTED PORK CHOPS EGG NOODLES RED CABBAGE	27 MEATLOAF W/ GRAVY MASHED POTATO SPINACH	28 SHRIMP SCAMPI VEGGIE RICE BROCCOLI
				

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