

SOMERS SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SOLE FLORENTINE LENTIL PILAF STEWED TOMATOES WHOLE WHEAT BREAD PINEAPPLE CHUNKS	3 VEGETABLE & CHEESE FRITTATA HOME FRIED POTATOES ZUCCHINI RYE BREAD FRUIT	4 JERK SPICED CHICKEN COCONUT RICE & BEANS CURRIED CABBAGE CORNBREAD COCONUT CAKE	5 YANKEE POT ROAST MASHED POTATOES CAULIFLOWER & PEAS DINNER ROL FRUIT	6 CHEESE LASAGNA BROCCOLI W/CHICKPEAS ITALIAN BREAD APRICOTS
9 STUFFED PEPPER ROASTED POTATOES MIXED VEGETABLES WHEAT BREAD MANDARIN ORANGES	10 CHICKEN RATATOUILLE MASHED POTATOES TOSSED SALAD W/BLACK OLIVES DINNER ROLL FRUIT	11 TROPICAL PORK WHITE RICE ASIAN VEGETABLES WHEAT BREAD PINEAPPLE CHUNKS	12 STUFFED SHELLS BROCCOLI FLORETS TOSSED SALAD W/CHICKPEAS ITALIAN BREAD PEACHES	CELEBRATE FATHER'S DAY 13 MEATLOAF W/GRAVY MASHED POTATOES PEAS & CARROTS RYE BREAD APPLE PIE 
16 SPINACH QUICHE STEWED TOMATOES WHOLE GRAIN BREAD FRUIT COCKTAIL	17 BAKED ZITI W/GROUND BEEF BROCCOLI FLORETS TOSSED SALAD ITALIAN BREAD MANDARIN ORANGES	18 BBQ CHICKEN RED BEANS & RICE RED CABBAGE CORNBREAD CAKE	19 !!! CLOSED !!! DUE TO THE YORKTOWN KITCHEN BEING CLOSED	20 CHEF'S SALAD: TOSSED SALAD W/TURKEY, HAM & CHEESE THREE BEAN SALAD ROLL FRUIT
23 SWEDISH MEATBALLS BUTTERED NOODLES SPINACH V8 JUICE RYE BREAD FRUIT	24 SALMON LENTIL PILAF GLAZED CARROTS DINNER ROLL FRUIT	25 BREADED PORK CHOP HARVARD BEETS GREEN CABBAGE CORNBREAD FRUIT	26 EGGPLANT PARMIGIANA ZUCCHINI TOSSED SALAD W/CHICKPEAS ITALIAN BREAD CHOCOLATE PUDDING	27 HONEY MUSTARD CHICKEN MASHED POTATOES GREEN BEAN CASSEROLE PUMPERNICKEL BREAD CAKE
30 CRISPY BAKED FISH SUCCOTASH CARIBBEAN VEGETABLES WHOLE WHEAT BREAD PINEAPPLE CHUNKS				

* Milk served daily

**Menus subject to change without notice.

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

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