




July

Town of Mamaroneck Senior Center

1288 Boston Post Road, Larchmont, NY 10538
(914) 834-8840

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 	29 Macaroni & Cheese Stewed Tomatoes Broccoli in Garlic Sauce	30 Tuna Salad Sandwich Three Bean Salad Cucumber Salad	1 Quiche Lorraine Buttered Carrots Green Beans	2 Roast Turkey Mushroom & Onion Stuffing Tuscan Mixed Vegetables	3 BBQ Chicken Pasta & Vegetable Salad Carrot Raisin Salad <i>**SENIOR CENTER CLOSED</i> <i>INDEPENDENCE DAY**</i>	4 Knockwurst Baked Beans & Coleslaw <i>*SENIOR CENTER CLOSED</i> <i>INDEPENDENCE DAY*</i>
5 	6 Salisbury Steak Roasted Potatoes Green & Yellow Zucchini	7 Chicken Chow Mein Brown Rice Oriental Vegetable Mix	8 Eggplant Parmigiana Whole Wheat Penne w/ Basil Pesto Broccoli Florets	9 Salmon Bowtie Pasta w/ Basil Pesto Glazed Carrots	10 Roast Turkey Mashed Sweet Potatoes Peas & Onions	11 Quiche Lorraine Quinoa & Kale Stewed Tomatoes
12 	13 Sole Florentine Lentil Pilaf Stewed Tomatoes	14 Baked Ziti w/ Ground Beef Tossed Salad w/ Chickpeas Broccoli w/ Garlic	15 Crispy Baked Chicken Coleslaw Baked Beans	16 Boneless Breaded Pork Chop Roasted Potatoes Green Beans	17 Turley ala King Buttered Noodles Peas & Carrots	18 Beef Chili Buttered Brown Rice Mixed Vegetables
19 	20 Knockwurst Tater Tots Green Beans	21 BBQ Boneless Chicken Succotash Collard Greens	22 Quiche Lorraine Tossed Salad w/ Black Olives Harvard Beets	23 Swedish Meatballs Buttered Spinach	24 Tilapia in Veracruz Sauce Red Beans & Rice Green Beans	25 Herb Roasted Chicken Hot German Potato Salad Tuscan Vegetables
26 	27 Italian Chicken Sausage Sautéed Peppers & Onions Home Fried Potatoes	28 Meatloaf Mashed Potatoes Breen Beans	29 Chicken Parmigiana Bow Tie Pasta w/ Basil Pesto Broccoli	30 Sweet & Sour Pork Brown Rice Carrots	31 Roast Turkey Sweet Potatoes Creamed Spinach	1 Beef Stew Buttered Noodles Green Beans

Senior Center Coordinator: Maria Gallagher (914) 834-8840
 Senior Center Staff: Kathy Flynn, Stephanie Hart, Carmen Medina
 Community Services Director: Anna Danoy
 Community Services Office: (914) 381-7840
 For inquires on the *Meals on Wheels Program*, please call the Community Services Office

All Senior Center members may call the Senior Center to request a home delivered congregate meal. Meals will be delivered on Mondays, Wednesdays and Fridays. Tuesday, Thursday and Saturday meals will be delivered on the previous day.

A \$3 contribution is suggested for each meal ordered and will be collected by senior center staff at the end of the month.