










OCTOBER

**Town of Mamaroneck Senior Center**

1288 Boston Post Road, Larchmont, NY 10538 (914) 834-8840  
 SENIOR CENTER HOURS MONDAY- FRIDAY 10:00AM - 3:30PM

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>30</b> Eggplant Parmigiana Tomato Sauce Whole Wheat Penne Spinach	<b>1</b> Brisket of Beef with Gravy Noodle Kugel & Carrot Tzimmes	<b>2</b> Crispy Baked Fish Buttered Grits Kale & Onions	<b>3</b> Meatloaf with Gravy Sweet Potatoes & Peas	<b>4</b> Spinach Quiche Stewed Tomatoes & Brown Rice	<b>5</b> FOOD TRUCK FESTIVAL 12- 4:00 Memorial Park
<b>6</b> 	<b>7</b> Italian Chicken Sausage with Baked Beans & Carrots	<b>8</b> Sauerbraten with Red Cabbage & Potato Pancakes	<b>9</b> Crispy Baked Chicken with Corn Nibblents and Green Beans	<b>10</b> Baked Ziti with Ground Beef & Zucchini Tossed Salad	<b>11</b> Vegetable Cheese Frittata	<b>12</b> 
<b>13</b> 	<b>14</b> Columbus Day Center Closed	<b>15</b> Roast Turkey with Gravy Sweet Potatoes, Peas and Onions	<b>16</b> Salmon Burger with Caribbean Peach Sauce Lentil Pilaf and Tossed Salad	<b>17</b> Yankee Pot Roast Succotash and Creamed Spinach	<b>18</b> OCTOBERFEST MENU	<b>19</b> 
<b>20</b> 	<b>21</b> Macaroni & Cheese Stewed Tomatoes & Zucchini	<b>22</b> Meatloaf with Mashed Potatoes, Peas & Carrots	<b>23</b> Baked Flounder Oreganata with Lentil Pilaf & Sonoma Blend Vegetables	<b>24</b> Cured Baked Ham in Raisin Sauce Buttered Red Potatoes & Green Beans	<b>25</b> Herb Roasted Chicken Sweet Potato & Collard Greens	<b>26</b> 
<b>27</b> 	<b>28</b> Sole Florentine in Lemon Butter Sauce Parslied Couscous & Honey Glazed Carrots	<b>29</b> Roast Beef with Mashed Potatoes & Green Beans	<b>30</b> Roast Chicken in a BBQ Sauce with Coleslaw and Baked Beans	<b>31</b> Hungarian Veal Ghoulash with Brown Rice, Peas & Carrots	<b>1</b> Cheese Lasagna with Broccoli Florets & Tossed Salad with Chickpeas	<b>2</b> 

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

**SPECIAL MENU FOR  
 OCTOBERFEST  
 MUST RSVP**

**CALL 834- 8840 TO MAKE A  
 RESERVATION FOR LUNCH  
 CONTRIBUTION- \$3.00**