











September

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
	2 LABOR DAY SENIOR CENTER CLOSED	3 Turkey Pasta Bake Zucchini L.S V- 8 Juice	4 Country Captain Chicken Rice Pilaf & Carrots	5 Boneless Breaded Pork Chop with Gravy Mashed Sweet Potatoes & Green Cabbage	6 Eggplant Parmigiana Tossed Salad with Chickpeas & Broccoli Florets	
8 	9 Tilapia with Lemon Sauce Corn & Green Beans	10 Chicken Ratatouille Roasted Potatoes & Spinach	11 Cheese Lasagna Broccoli Tossed Salad with Chickpeas	12 Sweet & Sour Pork White Rice & Oriental Vegetable Mix	13 SENIOR APPRECIATION DAY	14 
15 	16 Stuffed Pepper with Gravy Mashed Potatoes & Carrots	17 Boneless Breaded Pork Chop with Gravy Mashed Sweet Potatoes & Green Cabbage	18 Herb Roasted Chicken with Gravy Buttered Brown & Green Beans	19 Eggplant Parmigiana Whole Wheat Penne with Tomato Sauce & Broccoli Florets	20 Fillet of Salmon with Dill Sauce Lentil Pilaf & Mediterranean Mixed Vegetables	21 <i>Fall</i> 
22 	23 Salisbury Steak with Gravy Roasted Potatoes & Mixed Vegetables	24 Roast Turkey with Gravy Creamed Spinach & Harvard Beets	25 Ground Beef Cabbage Brown Rice & Tossed Salad	26 Baked Sole with Franciscan Sauce Baked Potato & Green Beans	27 Chicken Fiesta Red Beans & Rice Mixed Vegetables	28 
29 	30 Eggplant Parmigiana Whole Wheat Penne with Tomato Sauce Spinach	1 Brisket of Beef with Gravy Noodle Kugel & Carrot Tzimmes	2 Crispy Baked Fish Buttered Grits Kale & Onions	3 Meatloaf with Gravy Sweet Potatoes & Peas	4 Spinach Quiche Stewed Tomatoes & Brown Rice	5 

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

Our Transportation Services are also funded by U.S.
 Department of Health & Human Services, New York State
 Office of the Aging, & the Westchester County Department
 of Senior Programs & Services

JOIN US FOR LUNCH!
LUNCH RESERVATIONS MUST BE
MADE BY 1:00pm THE DAY BEFORE,
\$3 CONTRIBUTION. CALL 834- 8840