



# Town of East Hampton Department of Human Services

## Senior Nutrition Center Menu

December 2022

324-6711

Michelle Posillico, Senior Citizen Program Supervisor 324-6711

Monday	Tuesday	Wednesday	Thursday	Friday
 DECEMBER 21 <sup>ST</sup>	 DECEMBER 18 <sup>TH</sup>		1 Pork Chops Baked Potatoes Brussel Sprouts 4- Bean salad Bananas	2 Stuffed peppers Rice California Veg. Mesclun Salad Cupcakes
5 Chicken Chow Mein White Rice Mesclun Salad Pudding	6 Beef Stew Mesclun Salad Fruit Cocktail	7 Fresh Ham Mashed Potatoes French Green Beans Carrot Salad Baked Apples	8 Battered Cod Spanish Rice Scandinavian Veg. Cucumber Salad Pears	9 Meat Loaf Mashed Potatoes Carrots Tomato & Onion Salad Oranges
12 Chicken Francese Rice Broccoli Mesclun Salad Cake	13 Swedish Meatballs Wide Noodles Red Cabbage 4-Bean Salad Bananas	14 Turkey Burgers Kale Mixed Veg. Beet Salad Pudding	15 BBQ Ribs Mac & Cheese Cut Green Beans Mesclun Salad Pineapple Chunks	16 Linguini with Clam Sauce Cucumber Salad Fruit Salad
19 Potato crusted Pollock Orzo Spinach Tomato & Onion Salad Apricots	20 Baked Ziti Broad Beans Mesclun Salad Oranges	21 Baked Chicken Baked Sweet Potatoes Brussel Sprouts Corn Salad Pears	22 Roast Beef Mashed Potatoes Green Beans Almondine Mesclun Salad Holiday Dinner	23 CENTER CLOSED 
26 CENTER CLOSED 	27 Eggplant Stack Angel Hair Pasta Broad Beans Mesclun Salad Pudding	28 Flounder Rice Pilaf Broccoli Cole Slaw Fruit Cocktail	29 Meat Lasagna Monaco Vegetable Caesar Salad Dessert	30 CENTER CLOSED 