











November

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
<p>3</p> 	<p>4</p> <p>Knockwurst with Sauerkraut Tater Tots & Mixed Vegetables</p>	<p>5</p> <p>Crispy Baked Fish with Succotash and Spinach</p>	<p>6</p> <p>Manicotti/Tomato Sauce Broccoli Florets Tossed Salad</p>	<p>7</p> <p>Country Captain Chicken Buttered Brown Rice with Vegetable Medley</p>	<p>8</p> <p>Meatloaf/Gravy Mashed Potatoes Red Cabbage</p>	<p>9</p> 
<p>10</p> 	<p>11</p> <p>VETERAN'S DAY SENIOR CENTER CLOSED</p>	<p>12</p> <p>Broccoli Quiche with Red Skin Roasted Potatoes, Glazed Baby Carrots</p>	<p>13</p> <p>Roast Turkey with Gravy Harvard Beets & Creamed Spinach</p>	<p>14</p> <p>Boneless Breaded Pork Chop Sweet Potatoes, Peas & Onions</p>	<p>15</p> <p>Salmon Quinoa, Kale & Corn Niblets</p>	<p>16</p> 
<p>17</p> 	<p>18</p> <p>Stuffed Peppers with Herb Roasted Potatoes and Green Beans</p>	<p>19</p> <p>Baked Tuscan Chicken Mashed Sweet Potato Sautéed Zucchini</p>	<p>20</p> <p>Pot Roast White Rice with Green Beans, Carrots w/ Dill</p>	<p>21</p> <p>HOMMOCKS LUNCH SENIOR CENTER CLOSED</p>	<p>22</p> <p>Italian Meatballs Spaghetti Broccoli Florets</p>	<p>23</p> 
<p>24</p> 	<p>25</p> <p>Salisbury Steak Lentil Pilaf Mixed Vegetables</p>	<p>26</p> <p>Roast Turkey with Gravy Stuffing Sweet Potato & Creamed Spinach</p>	<p>27</p> <p>Stuffed Shells Broccoli Florets Tossed Salad with Chickpeas</p>	<p>28</p> <p>SENIOR CENTER CLOSED THANKSGIVING</p>	<p>29</p> <p>SENIOR CENTER CLOSED THANKSGIVING</p>	<p>30</p> 
<p>1</p> 	<p>2</p> <p>Italian Chicken Sausage Baked Beans & Carrots</p>	<p>3</p> <p>Boneless Breaded Pork Chop Red Cabbage, Potato Pancakes</p>	<p>4</p> <p>Tilapia Veracruz Sauce Red Beans, Rice & Mixed Vegetables</p>	<p>5</p> <p>Chicken Ratatouille Roasted Potatoes, Tossed Salad</p>	<p>6</p> <p>Beef Stew Buttered Noodles, Green Bean Casserole</p>	<p>7</p> 

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

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