**The Life Enrichment Center at Oyster Bay    516-922-1770**

# February Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Lunch reservations are necessary to insure our kitchen staff prepares enough lunches for our members | Make your reservations before 2pm the day before otherwise you will be put on the waiting list for lunch and have to wait until all others have been served | Please read the menu carefully before selecting either a Hot or Cold entrée when making your reservations | We are asking all of our members to come in and enjoy the delicious lunches prepared daily by our chef & kitchen staff | **1** Crab Cake with dill sauce, herb roasted potatoes, peas & onion, wheat bread and dessert <br><br> or Egg Salad on wheat |
| **4** Manicotti with Pomidoro sauce, spinach, juice, garlic bread and dessert <br><br> or Tuna salad on wheat | **5** Turkey Meatloaf with gravy, mashed potatoes, peas, roll and dessert <br><br> or Egg Salad on wheat | **6** Chicken Quesadilla on flour tortilla with salsa & sour cream, Tomato Tortilla soup, mixed veggies and dessert <br><br> or Turkey on wheat | **7** Chinese New Year Pork Spare Ribs with duck sauce, roast pork fried rice, Chinese style vegetables, egg roll and dessert <br><br> or Egg salad on wheat | **8** Salmon Cake with horseradish sauce, vegetables cous cous, carrots, juice, wheat bread and dessert <br><br> or Roast Beef on wheat |
| **11** Penne Ala Vodka, Vegetable soup, juice, garlic bread and dessert <br><br> or Tuna salad on wheat | **12** Beef Burgundy with mushrooms, brown rice, mixed vegetables, juice, wheat bread and dessert <br><br> or Egg Salad on wheat | **13** Brunch Day Crustless Broccoli and Cheddar Quiche, baked potato, field green salad, hash brown, English muffin and yogurt parfait <br><br> No lunch today <br> Brunch served at 11am | **14** Valentines Celebration & LECOB'S Anniversary Lemon Roasted Chicken, roasted potatoes, Brussels sprouts, roll and dessert <br><br> No cold lunch today | **15** Grilled Cheese Sandwich on wheat bread, Tomato soup, zucchini and dessert <br><br> or Tuna salad on wheat |
| **18** <br><br> Center Closed Holiday | **19** Chicken Cutlet with fruit chutney, mashed cauliflower, quinoa with vegetables, roll and dessert <br><br> or Tuna salad on wheat | **20** Chicken Souvlaki with Tziki sauce on pita bread, stuffed grape leaf, juice and dessert <br><br> or Turkey on wheat | **21** Black History Month Southern Style Fried Chicken, grits, collard greens, juice, biscuit and dessert <br><br> No cold lunch today | **22** Birthday Day Personal Pizza, Asian style soup, juice and birthday cake for dessert <br><br> No cold lunch today |
| **25** Baked Ziti with spinach, Lentil soup, juice, garlic bread and dessert <br><br> or Tuna Salad on wheat | **26** BBQ Boneless Chicken Thighs, coleslaw, spinach, corn bread and dessert <br><br> or Egg Salad on wheat | **27** Virtual Trip to Missouri Chicken & Waffles with syrup, creamed corn, juice and dessert <br><br> No cold lunch today | **28** Salisbury Steak with gravy, baked potato, Italian vegetable blend, roll and dessert <br><br> or Tuna salad on wheat | |

**PLEASE NOTE**: Menu is subject to change without notice and cannot be customized to order.
**RESERVATIONS REQUESTED — YOUR MEAL DONATION IS GREATLY APPRECIATED — THANK YOU!**
*No person will be denied a service because of inability to contribute.*

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through New York State Office for the Aging and U.S. Administration on Aging, and the Town of Oyster Bay.

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## *Valentine's Day & LECOB'S Anniversary Celebration*

on Thursday 2-14-19 starting at 11:30am

with Lunch at 12 noon
Followed by Entertainment by John Walters

*Please make your reservations in the Program Office*

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### Brain Games
### Questions:

Q.1 - What country owns the Auckland Islands?

Q.2 - What's the Latin name for the Northern Lights?

Q.3 - What was taken in *The Taking of Pelham One, Two, Three?*

Q.4 - How many Oscars did *Gone with the Wind* win?

Q.5 - Who was *Times* first Man of the Year, for 1927?

Q.6 - What fraction of the Earth's gravity is the moon's?

Q.7 - What does V.S.O.P. stand for on a bottle of brandy?

Q.8 - What did Charles Goodyear invent by accident in 1839?

(Answers on newsletter center page)