



January Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| Make your reservation by 12 noon the day before Please select either a Hot or Cold entrée when making your reservations | 1 Center Closed Holiday | 2 Open Face Roast Beef Sandwich on toast with gravy, Broccoli Cheddar soup, juice and dessert or Tuna salad on wheat | 3 Cheese Burger on a bun with lettuce, tomato, pickle, baked French fries, 3-bean salad and dessert or Egg Salad on wheat | 4 <u>Spaghetti Day</u> Shrimp Scampi over Spaghetti, broccoli, juice, Italian bread and dessert or Turkey on wheat |
| 7 Rigatoni Bolognese with beef, Italian blend veggies, juice, roll and dessert or Tuna salad on wheat | 8 Grilled Chicken Caesar salad, Lentil soup with garlic croutons, juice and dessert or Egg Salad on wheat | 9 Chicken Chow Mein, vegetable fried rice, Asian salad, egg rolls and dessert or Turkey on wheat | 10 Baked Pork Chop with apple sauce, sweet potato fries, peas & carrots, wheat bread and dessert or Tuna salad on wheat | 11 Herb Roasted Tilapia with wild rice blend, string beans, juice, corn bread and dessert or Chicken salad on wheat |
| 14 Cheese Raviolis with Pomodoro sauce, Beef Barley soup, juice, garlic bread and dessert or Tuna salad on wheat | 15 Chicken Risotto with mushrooms, escarole, juice, wheat bread and dessert or Turkey on wheat | 16 Chicken Cutlet Parmesan, potato croquette, broccoli, Italian bread and dessert or Egg salad on wheat | 17 Beef Chili with beans over rice, tossed salad, juice, crackers and dessert or Tuna salad on wheat | 18 <u>Martin Luther King</u> Breaded Catfish, macaroni & cheese, collard greens, corn bread and dessert <u>No cold lunch today</u> |
| 21 Center Closed Holiday | 22 Herb Roasted Chicken with gravy, mashed potatoes, Italian blend veggies, biscuit and dessert or Tuna salad on wheat | 23 Grilled Cheese Sandwich on wheat bread, Tomato soup, juice and dessert or Chicken salad on wheat | 24 Salisbury Steak with gravy, baked potato, mixed vegetables, wheat bread and dessert or Tuna salad on wheat | 25 <u>Birthday Day</u> Personal Pizza, Escarole soup, juice, crackers and birthday cake for dessert <u>No cold lunch today</u> |
| 28 Spaghetti & Meatballs with marinara sauce, Vegetable soup, juice, Italian bread and dessert or Tuna Salad on wheat | 29 Chicken Quesadilla with salsa & sour cream, Black Bean soup, juice and dessert or Turkey on wheat | 30 <u>Virtual Trip to Wyoming</u> Beef with Bean & Barley Stew, cheesy cauliflower, zucchini tomato casserole, potato rolls and Wyoming Cowboy cookie <u>No cold lunch today</u> | 31 Beef Stroganoff with mushrooms over egg noodles, broccoli, juice, roll and dessert or Tuna salad on wheat | We are asking all of our members to come in and enjoy the delicious lunches prepared daily by our chef & kitchen staff |

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.



Valentine's Day & LECOB'S Anniversary Celebration

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



with Lunch at 12 noon
Followed by Special Entertainment

*Please make your reservations
in the Program Office*

Brain Games Questions:

- Q.1 - What toy can you make sleep?
- Q.2 - What soap was touted as being "for people who like people"?
- Q.3 - What's the only U.S. state name that ends with three vowels?
- Q.4 - How many hearts does an octopus have?
- Q.5 - What country surrounds San Marino, the world's smallest republic?
- Q.6 - Who collected the 1973 best supporting actress Oscar at age 10?
- Q.7 - What do you call a poker hand including the black aces and eights?
- Q.8 - Where were Omaha, Juno and Gold Beaches?

(Answers on newsletter center page)