



October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Make your reservations by 2pm the day before	Please specify either Grab & Go or Delivery when you make your reservations	Lunch reservations are required for our kitchen staff prepares enough lunches	1 <u>Grab & Go Only</u> Salisbury Steak w/gravy, mashed potatoes, peas & carrots, biscuit and dessert	2 No Lunch
5 No Lunch	6 <u>Grab & Go Only</u> BBQ Chicken, sweet potato fries, mixed vegetables, biscuit and dessert	7 <u>Grab & Go Only</u> Lem-on Chicken, rice pilaf, peas & onions, wheat bread and dessert	8 <u>Grab & Go Only</u> Turkey Chili, brown rice, mixed vegetables, crackers and dessert	9 No Lunch
12 No Lunch <u>Columbus Day</u>	13 <u>Grab & Go Only</u> Breaded Pork Chop w/ gravy, baked sweet potato, zucchini, biscuit and dessert	14 <u>Grab & Go Only</u> Chicken Cacciatore, brown rice, spinach, wheat bread and dessert <u>Nat'l Dessert Day</u>	15 <u>Grab & Go Only</u> Pasta with Broccoli garlic & oil, Chicken vegetable soup, Italian bread and dessert	16 No Lunch
19 No Lunch	20 <u>Grab & Go Only</u> Turkey Meatloaf with gravy, mashed potatoes, asparagus, roll and dessert	21 <u>Grab & Go Only</u> Chicken & Broccoli, rice, Asian style vegetables, egg roll and dessert	22 <u>Grab & Go Only</u> Herb Roasted Chicken, Potato soup, broccoli, wheat bread and dessert	23 No Lunch
26 No Lunch	27 <u>Grab & Go Only</u> Roast Turkey with gravy, mashed sweet potatoes, Brussels sprouts, biscuit and dessert	28 <u>Grab & Go Only</u> Meatball Parmesan Hero, tossed salad and dessert	29 <u>Grab & Go Only</u> Beef Burgundy with mushrooms over egg noodles peas & carrots, roll and dessert	30 No Lunch

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.

Lunch Reservation Instructions:

- Members are required to preregister for Grab & Go lunches. If you did not preregister, you will be given a frozen meal while supplies last.
- We are waiting for information from Nassau County when we can begin holding in-person lunches. Once this is approved, we are only allowed to accommodate 30 seniors total for Lunch at the Center per day. You will be assigned a specific day to have lunch at the Center. This limitation will hopefully only be for the month of October. We will contact you to schedule you for lunch at the Center.
- Everyone coming into the Center must wear a mask and be temperature checked before entering the building. A series of health questions will also be asked before entering.

Program Instructions:

- We are waiting for information from Nassau County when we can begin holding in-person programs. Once this is approved, we will communicate with you about programs availability by phone and our website.
- Everyone coming into the Center must wear a mask and be temperature checked before entering the building. A series of health questions will also be asked before entering.