



September 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Make your reservations for lunch by 2pm the day before</p>	<p>All lunches include a dessert</p>	<p>1 Turkey Stuffed Pepper with sauteed spinach, juice, and wheat bread or Tuna salad on wheat</p>	<p>2 Breaded Chicken Culet w/cranberry, macaroni & cheese, Italian blend veggies juice, and biscuit or Roast Beef on wheat</p>	<p>3 Herb Roasted Tilapia, baked potato, roasted carrots, and roll or Egg salad on wheat</p>
<p>6 Center Closed Holiday</p>	<p>7 Cheese Ravioli with Meat sauce, tossed salad, juice, and garlic bread or Tuna salad on wheat</p>	<p>8 <u>Brunch Day at 11:30</u> Eggs with Potatoes and Onions, field green salad with pears & walnuts, and English muffin <u>No lunch Today</u></p>	<p>9 Chicken Quesadilla on flour tortilla with salsa, rice & beans, Vegetable Fiesta or Tuna salad on wheat</p>	<p>10 Crab Cake with dill sauce, herb roasted potatoes, string beans, and roll or Egg salad on wheat</p>
<p>13 Spaghetti & Meatballs with Pomodoro sauce, tossed salad, juice, and garlic bread or Tuna salad on wheat</p>	<p>14 Baked Pork Chop, w/apple sauce, baked sweet potato, corn bread or Egg salad on wheat</p>	<p>15 Lemon Chicken, stuffed zucchini, quinoa salad, and wheat bread or Tuna salad on wheat</p>	<p>16 BBQ Pulled Chicken 3-bean salad, coleslaw, and biscuit or Egg Salad on wheat</p>	<p>17 Salmon Filet with horseradish sauce, roasted potatoes, Brussels sprouts, and biscuit or Tuna salad on wheat</p>
<p>20 Cheese Tortellini with Ala Vodka sauce, Greek salad, broccoli, and garlic bread or Tuna salad on wheat</p>	<p>21 Chinese Roast Pork with fried rice, stir fry vegetables, juice, and egg roll or Egg Salad on wheat</p>	<p>22 Grilled Cheese Sandwich on wheat bread, Tomato soup, juice, bread or Tuna salad on wheat</p>	<p>23 <u>Home Coming</u> Tuscan Style Meatloaf w/tomato topping, mashed potatoes, string beans, and roll <u>No cold lunch</u></p>	<p>24 Personal Pizza, Minestrone Soup, and juice or Egg Salad on wheat</p>
<p>27 Arroz Con Pollo (Chicken & rice), broccoli, juice, and bread or Tuna salad on wheat</p>	<p>28 Stuffed Pasta Shells with Pomodoro sauce, Italian blend vegetables, juice, and garlic bread or Egg Salad on wheat</p>	<p>29 <u>Birthday Day</u> Cheese Burger on bun w/ lettuce, tomato & pickles, baked French fries, and coleslaw <u>No cold lunch</u></p>	<p>30 Herb Roasted Chicken w/ gravy, mashed potatoes, peas, and biscuit or Tuna salad on wheat</p>	<p>Suggested lunch donation is \$5.00</p>

All meals are prepared fresh daily by Chef Anthony and Assistant Chef Dannette. They use quality ingredients in each and every meal they prepare and serve.
The above menu may be subject to change without notice due to circumstances beyond our control.

****RESERVATIONS REQUIRED A DAY IN ADVANCE BY 2:00 PM****
YOUR MEAL DONATION OF \$5.00 is GREATLY APPRECIATED
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.