



## October 2021 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Make your reservations for lunch by 2pm the day before	Specify either a hot or cold lunch when making your reservations	Suggested lunch donation is \$3.00	All lunches include a dessert	1 Homemade Manicotti w/sauce, tossed salad, juice, and garlic bread or Tuna on wheat
4 Chicken Vegetable Soup, tossed salad w/chic peas, juice, and sweet roll or Tuna on wheat	5 Baked Fried Chicken, mashed potatoes, peas, and wheat bread <u>No cold lunch</u>	6 Meatballs Parmigiano Hero, tossed salad, and juice or Egg Salad on wheat	7 Beef Burgundy w/ mushrooms, egg noodles, carrots, juice, and roll or Tuna on wheat	8 Personal Pizza, Minestrone Soup, and juice or Turkey on wheat
11 <u>Columbus Day</u> Lasagna Roll Up, antipasto salad, juice, and garlic bread <u>No cold lunch</u>	12 BBQ Chicken, sweet potato fries, green beans, and wheat bread or Egg salad on wheat	13 <u>October Festival</u> Wiener Schnitzel (Pork), German style red cabbage, Bratkartoffeln (potatoes), and roll <u>No cold lunch</u>	14 Chicken Souvlaki w/tzatziki sauce, lemon potatoes, stuffed grape leaves, juice, and pita bread or Roast Beef on wheat	15 Baja Fish Tacos w/ salsa & guacamole, rice & beans, clear slaw, and juice or Egg Salad on wheat
18 Stuffed Pasta Shells w/sauce, Spinach & bean soup, juice, and garlic bread or Tuna on wheat	19 Turkey Meatloaf w/gravy, mashed potatoes, asparagus, and roll or Egg Salad on wheat	20 <u>Birthday Day</u> Chicken Cutlet w/ fruit chutney, mac & cheese, carrots, juice, and biscuit <u>No cold lunch</u>	21 Herb Roasted Chicken baked potato, broccoli, and wheat bread or Tuna on wheat	22 Potato Crusted Cod w/tartar, tater tots, string beans, and wheat bread or Egg Salad on wheat
25 Pasta w/Escarole & Beans with Chicken, carrots, juice, and garlic bread or Tuna on wheat	26 <u>Brunch</u> Eggs Florentine, hash browns, juice, and English muffin <u>No lunch today</u>	27 <u>Halloween Party</u> Road Kill Ribs, twice mutilated potatoes, mixed veggies, and killer biscuits <u>No Lunch today</u>	28 Hamburger with lettuce, tomato & pickles on a bun, waffle fries, and coleslaw or Egg Salad on wheat	29 Lemon Chicken, baked potato, broccoli, and wheat bread or Roast Beef on wheat

**\*\*RESERVATIONS REQUIRED A DAY IN ADVANCE BY 2:00 PM\*\***

YOUR MEAL DONATION OF \$3.00 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.