



November 2021 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Tortellini Ala Vodka, spinach, juice, and garlic bread or Tuna on wheat	2 BBQ Chicken, baked sweet potato, mixed vegetables, and biscuit or Egg Salad on wheat	3 Breaded Pork Chop, mac & cheese, zucchini, juice and whole wheat or Turkey on wheat	4 Pot Roast w/gravy, mashed potatoes, carrots, and roll or Tuna on wheat	5 Personal Pizza with Vegetable soup, juice, and crackers or Egg Salad on wheat
8 Spinach Ravioli w/ white wine sauce, tossed salad w/chic peas, Italian blend veggies, garlic bread or Tuna on wheat	9 Cheeseburger on a bun w lettuce, tomato and pickle, coleslaw, and corn or Egg Salad on wheat	10 <u>Veterans Day</u> Meatloaf w/gravy, mashed potatoes, peas, and biscuit No cold lunch	11 Turkey Chili over brown rice, mixed veggies, juice, and crackers or Tuna on wheat	12 Crab Cake w/ dill sauce, sweet potato fries, broccoli, and biscuit or Roast Beef on wheat
15 Rigatoni Bolognese, zucchini, juice, and roll or Tuna on wheat	16 Breaded Chicken Cutlet with fruit chutney, vegetable cous cous, Brussels sprouts, and bread or Egg Salad on wheat	17 Chicken Cacciatore, brown rice, spinach, juice, and Italian bread No cold lunch	18 Salmon Fillet w/ dill sauce, roasted potatoes, broccoli, and biscuit or Tuna on wheat	19 Herb Roasted Tilapia with baked fries, string beans, and wheat bread
22 Ravioli w/sauce, tossed salad, garlic bread and juice Or tuna on wheat	23 BRUNCH Scrambled eggs w/ cheese, hash browns, mini bagel with cream cheese and juice	24 Thanksgiving Lunch Turkey w/gravy, mashed sweet potatoes, string beans almondine, and biscuit No cold lunch	25 Center Closed Holiday	26 Center Closed Holiday
29 Spaghetti w/meatballs, vegetable soup, garlic bread and juice Or Egg Salad on wheat	30 Beef burgundy over brown rice, carrots and juice Or tuna on wheat			

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

YOUR MEAL DONATION OF \$3.00 is GREATLY APPRECIATED

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.