



January 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Center Closed Holiday	4 Hamburger on bun w/ cheese, lettuce and tomato and pickle, French fries and coleslaw or Tuna on wheat	5 Chicken Quesadilla on tortilla w/salsa & sour cream, rice, string beans, and juice or Egg Salad on wheat	6 Beef Stroganoff over egg noodles, carrots, juice, and roll	7 Salmon Cake w/ dill sauce, baked potato, creamed spinach, and wheat bread or Egg Salad on wheat
10 Rigatoni Bolognese, Italian blend veggies, juice, and garlic bread or Tuna on wheat	11 Baked Pork Chop, mashed sweet potatoes, string beans, and wheat bread or Egg Salad on wheat	12 Turkey Chili with beans, brown rice, Mexican style veggies, juice and crackers or Tuna on wheat	13 <u>Martin Luther King</u> Southern Style Chicken, cheesy grits, collard greens, juice, and corn bread No Cold Lunch today	14 Personal Pizza, Shrimp Chowder, and juice or Turkey on wheat
17 Center Closed Holiday	18 BBQ Chicken, mac & cheese, broccoli, juice, and wheat bread or Tuna on wheat	19 <u>Virtual Trip -Portugal</u> Cacoila (Shredded Beef), Caldo Verde, Peixinhos do horta (green beans), and sweet bread No Cold Lunch today	20 Open Face Turkey Sandwich on wheat w/ gravy, mashed potatoes, and Italian blend vegetables No Cold Lunch today	21 Penne Ala Vodka, Chicken Vegetable soup, juice, and garlic bread or Tuna on wheat
24 Grilled Cheese on whole wheat bread, Tomato soup, and juice No Cold Lunch today	25 Chicken Cacciatore, rice Florentine, carrots, and Italian bread or Egg Salad on wheat	26 <u>Birthday Day</u> Pot Roast with gravy and vegetables, mashed potatoes, peas & onions, and biscuit No Cold Lunch today	27 Chicken Cutlet with fruit compote, vegetable cous cous, spinach, and corn bread or Tuna on wheat	28 Potato Crusted Cod Filet w/ tartar sauce, baked sweet potato fries, mixed vegetables and bread or Egg Salad on wheat
31 Cheese Ravioli w/ Pomodoro sauce, Beef Barley soup, juice, and Italian bread or Tuna on wheat	All lunches include a desert	Select either hot or cold when making your lunch reservations	All reservations must be made a day in advance before 2pm	Please reserve on Friday before 2pm for Monday's lunch

****RESERVATIONS REQUIRED A DAY IN ADVANCE BY 2:00 PM****
YOUR MEAL DONATION OF \$3.00 - \$5.00 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.