

May 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Penne Ala Vodka, Italian blend veggies, juice, and garlic bread</p> <p>or Tuna on wheat</p>	<p>3</p> <p>Turkey meatloaf w/ gravy, mashed potatoes, spinach, and biscuit</p> <p>or Egg Salad on wheat</p>	<p>4 <u>Mother's Day Picnic at Roosevelt Park</u></p> <p>Chicken Salad with cranberries & walnuts on brioche roll, veggie pasta salad, and juice</p> <p>No Grab & Go today</p>	<p>5 <u>Cinco de Mayo</u></p> <p>Carnitas Taco (Pork) w/lettuce, tomato, cheddar & salsa on flour tortilla, rice & black beans, roasted zucchini, and juice</p> <p>No Cold Lunch today</p>	<p>6</p> <p>Potato Crusted Cod w/tartar sauce, baked French fries, string beans, and wheat bread</p> <p>or Turkey on wheat</p>
<p>9</p> <p>Stuffed Pasta Shells with Pomodoro sauce, Italian blend veggies, juice, and Italian bread</p> <p>or Tuna on wheat</p>	<p>10</p> <p>Grilled Chicken over Caesar salad, chic pea salad, juice, and garlic bread</p> <p>No Cold Lunch today</p>	<p>11</p> <p>Grilled Cheese sandwich on wheat bread, Tomato soup, and juice</p> <p>No Cold Lunch today</p>	<p>12</p> <p>Turkey Chili with beans, brown rice, mixed veggies, juice, and crackers</p> <p>or Tuna on wheat</p>	<p>13</p> <p>Personal Pizza, Minestrone soup, and juice</p> <p>or Turkey on wheat</p>
<p>16</p> <p>Spaghetti & Meatballs w/Pomodoro sauce, tossed salad, juice, and garlic bread</p> <p>or Tuna on wheat</p>	<p>17</p> <p>Chicken Cutlet w/ fruit chutney, macaroni and cheese, carrots, and wheat bread</p> <p>or Egg Salad on wheat</p>	<p>18 <u>Birthday Day</u></p> <p>Beef Stroganoff over egg noodles, broccoli, juice, and roll, and cake</p> <p>No Cold Lunch today</p>	<p>19</p> <p>Pork Chop w/apple sauce, wild rice blend, carrots, juice, and wheat bread</p> <p>or Tuna on wheat</p>	<p>20</p> <p>Beer Battered Fish w/tartar sauce, sweet potato fries, coleslaw, and biscuit</p> <p>or Egg salad on wheat</p>
<p>23</p> <p>Cheese Ravioli w/ Pomodoro sauce, tossed salad w/chic peas, juice, and garlic bread</p> <p>or Tuna on wheat</p>	<p>24</p> <p>Herb Roasted Chicken, mashed potatoes, spinach, and biscuit</p> <p>or Egg Salad on wheat</p>	<p>25</p> <p>Cheeseburger on bun with lettuce, tomato & pickles, potato salad, and 3-bean salad</p> <p>or Tuna on wheat</p>	<p>26</p> <p>Chicken Cacciatore, brown rice, sting beans, juice and Italian bread</p> <p>or Egg salad on wheat</p>	<p>27 <u>Memorial Day</u></p> <p>Sausage & Peppers on a hero, tomato, basil & onion salad, and corn on the cob</p> <p>No Cold Lunch today</p>
<p>30</p> <p>Center Closed Holiday</p>	<p>31</p> <p>Salisbury Steak w/ gravy, mashed potatoes, peas & carrots and biscuit</p> <p>or Tuna Salad on wheat</p>	<p>All reservations must be made a day in advance before 2pm</p> <p>Please reserve on Friday before 2pm for Monday's lunch</p>	<p>Select either hot or cold when making your lunch reservations</p>	<p>All lunches include dessert</p>

****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.