

November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
All lunches include a dessert	1 BBQ Chicken, sweet potato fries, tossed salad, and biscuit or Egg salad on wheat	2 Breaded Pork Chop, mac & cheese, zucchini, juice, and wheat bread or Turkey on wheat	3 Sausage & Pepper on Hero, tossed salad, and juice or Tuna on wheat	4 Personal Pizza, Split Pea soup, juice, and crackers or Egg salad on wheat
	7 Spinach Ravioli with White wine sauce, tossed salad w/chic peas, Italian blend veggies, garlic bread or Tuna on wheat	8 Turkey Meatloaf w/ gravy, mashed potatoes, peas, and wheat bread or Egg salad on wheat	9 Chicken Thigh in Vegetable Soup, tossed salad w/chic peas, juice, and roll or Tuna on wheat	10 <u>Veterans Day</u> Salisbury Steak with gravy, mashed potatoes, mixed vegetables, and biscuit No Cold Lunch today
14 Rigatoni with Bolognese sauce, tossed salad, juice, and Italian bread or Tuna on wheat	15 Breaded Chicken Cutlet w/fruit chutney, vegetable cous cous, Brussels sprouts, and wheat bread or Egg salad on wheat	16 Chicken Cacciatore, brown rice, spinach, juice, and roll or Turkey on wheat	17 Beef Burgundy over egg noodles, sliced carrots, juice and biscuit or Chicken salad on wheat	18 Crab Cakes w/dill sauce, herb roasted potatoes, Italian blend veggies, and wheat bread or Egg Salad on wheat
21 French Bread Pizza, French Onion soup, and juice or Tuna on wheat	22 <u>Brunch Day</u> Scrambled Eggs with Cheese, home fries, orange juice, and mini bagel Brunch served at 11:45am No Lunch Today	23 <u>Thanksgiving</u> Roast Turkey w/gravy, cranberry compote, mashed sweet potatoes, string beans almondine, and biscuit <u>No cold Lunch Today</u>	24 Center Closed Holiday	25 Center Closed Holiday
28 Cheese Tortellini w/Pink sauce, Italian blend veggie, juice, and Italian bread or Tuna on wheat	29 Hamburger on bun w/lettuce, tomato, pickle & cheese, French fries, and coleslaw or Egg salad on wheat	30 <u>Birthday Day</u> Roast Pork Sandwich on garlic bread with duck sauce, and Cream of mushroom soup No Cold Lunch today	All reservations must be made a day in advance before 2pm Please reserve on Friday before 2pm for Monday's lunch	Select either hot or cold when making your lunch reservations

****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.