

September Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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 reservations	Grab & Go meals are still available for pickup Monday thru Friday	1 Potato Crusted Cod Fillet with tartar sauce, French fries, coleslaw, and biscuit or Turkey on wheat
4 Center Closed Holiday	5 Cavatelli with Pomodoro sauce & ricotta cheese, tossed salad w/chic peas, juice, and Italian bread or Tuna on wheat	6 Grilled Cheese Sandwich on whole wheat bread with Tomato soup, and juice <u>No Cold Lunch Today</u>	7 Baked Pork Chop, macaroni & cheese, zucchini, juice and biscuit or Tuna on wheat	8 Personal Pizza, Broccoli soup, juice, and crackers or Egg salad on wheat
11 Rigatoni with Bolognese sauce, tossed salad, juice and garlic bread or Tuna on wheat	12 BBQ Chicken, French fries, coleslaw, and biscuit or Egg salad on wheat	13 <u>Virtual Trip to Thailand</u> Chicken Satay with sauce, Vegetable Pad Thai, Thai Coconut soup, spring roll, and Thai mango sticky rice <u>No Cold Lunch Today</u>	14 Beef Burgundy over egg noodles, broccoli, juice, and roll or Tuna on wheat	15 Meatloaf with gravy, mashed potatoes, peas & carrots, and roll or Chicken salad on wheat
18 Spaghetti & Meatballs with Pomodoro sauce, Italian blend, juice and garlic bread or Tuna on wheat	19 Breaded Chicken Cutlet with fruit chutney, rice pilaf, spinach, juice, and wheat bread or Turkey on wheat	20 <u>Homecoming</u> Chicken Marsala w/mushrooms, roasted potatoes, broccoli, and roll <u>No Cold Lunch Today</u>	21 <u>Vegetarian</u> Zucchini Cake with horseradish sauce, Lentil soup, veggie cous cous, and whole grain bread <u>No Cold Lunch Today</u>	22 Beef Chili over brown rice, carrots, juice, and whole wheat bread or Tuna on wheat
25 Shrimp Scampi over Linguini, broccoli, juice, and garlic bread or Egg salad on wheat	26 Salisbury Steak with gravy, mashed potatoes, peas & onions, and biscuit or Tuna on wheat	27 <u>Birthday Day</u> Chicken Quesadilla on flour tortilla w/ salsa & sour cream, rice & beans, fiesta veggies, and birthday cake <u>No Cold Lunch Today</u>	28 Sausage & Peppers on hero with onions, tossed salad, and juice or Tuna on wheat	29 Crab Cake with dill sauce, baked potato w/sour cream, Brussel sprouts, and whole wheat bread or Egg salad on wheat

****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.