NOVEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spinach & bean soup, tortallini alla vodka, garlic bread, juice, & Ice cream or Tuna ww l/t	3 Herb chicken, sweet potato, mixed veg, biscuit, & mandarin oranges or Egg Salad ww	4 Breaded pork chop, zucchini, mac & cheese, juice, ww bread & peaches or Turkey ww l/t	5 Sausage & peppers hero, tossed salad, juice & pears or tuna ww l/t	6 Pizza, minestrone soup, juice & fresh fruit or Egg salad ww l/t
9 Spinach ravioli w/ garlic butter sauce, field green salad, breadstick, juice & cheesecake or tuna ww l/t	10 chicken cutlet w/ chutney, rice florentine, Italian blend veg, ww bread & apricots or Egg salad ww l/t	11 Veteran's Celeb Shepard's pie, brussel sprouts, roll, juice & lemon merangue pie no cold option	12 Potato crusted cod, french fries, broccoli, biscuit & cookie or tuna ww l/t	13 Salsbury steak, mashed potatoes, peas & onions, roll & pineapple or Turkey ww l/t
16 spaghetti & meatballs, tossed salad, garlic bread, juice & ice cream or tuna ww l/t	17 BBQ chicken, baked beans, coleslaw, biscuit & fresh fruit or egg salad ww l/t	18 Birthday Day Shrimp scampi over linguini, string beans, Italian bread, juice & cake or turkey ww l/t	19 Grilled cheese & tomato soup, juice & cookie no cold option	20 Eggplant parm hero, greek salad, & fruit cocktail or tuna ww l/t
23 Cavatelli w/ pomodoro sauce & ricotta salada, salad, garlic bread, juice & oranges or tuna ww l/t	24 scrambled eggs w/ cheese,hash brown, turkey sausage, orange juice, pancakes & fresh fruit salad -no cold	25 Thanksgiving Party turkey w/gravy, mashed sweet potato, bread stuffing, string beans almondine, roll & pie no cold option	26 CENTER CLOSED	27 CENTER CLOSED
30 Ravioli, french onion soup, italian blend veg, gralic bread & pineapple or turkey ww l/t	1 Beef meatloaf w/ gravy, mashed potato, spinach, biscuit & pears or Egg Salad ww l/t	2 chicken pot pie, broccoli, roll, juice & fresh fruit or tuna ww l/t	3 cheeseburger, tater tots, cole slaw, & pudding or egg salad ww l/t	4 Pizza, shrimp chowder, cucumber salad & ice cream or Tuna ww l/t

RESERVATIONS REQUIRED 2 DAYS IN ADVANCE BY 2:00 PM 516-922-6422

YOUR MEAL DONATION OF $3.00 - $5.00 is GREATLY APPRECIATED

No person will be denied a service because of inability to contribute.

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