

**Please CIRCLE what you want to order and**

**hand back in or you will not be able to join us for lunch that day**

**NAME:**

## November 2024 Menu

**Nassau County Office for the Aging**

**Location: New Horizons SCSC**

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken with Peppers and Onions Side: Brown Rice and Veggies <b>Alt:</b> Ham & cheese <b>Side:</b> Cole Slaw (No Kosher)
4 Meatloaf Noodles and veggies  <b>Alt:</b> Seafood Salad <b>Side:</b> Pea Bean Salad	5 TBA I will be attending for lunch  <b>Alt:</b>	6 Ravioli with Meat sauce  <b>Alt:</b> Tuna Salad <b>Side:</b> Tossed salad	7 Chicken Francaise Roasted potato/veggie  <b>Alt:</b> Egg salad on Rye <b>Side:</b> Green bean salad	8 Center Closed
11 TBA	12 Breaded Chicken cutlet <b>Side:</b> sweet potato/ Green Beans  <b>Alt:</b> Tuna Salad <b>Side:</b> Green bean salad	16 Hamburger <b>Side:</b> French Fries  <b>Alt:</b> Sliced Turkey sanewich <b>Side:</b> Pea Salad	17 Turkey with gravy <b>Side:</b> sweet potato/ green beans  <b>Alt:</b> Seafood Salad <b>Side:</b> Green Bean Salad	18 Spaghetti w. Meatballs <b>Side:</b> peas and carrots.  <b>Alt:</b> Chicken Salad <b>Side:</b> pea Salad (October birthday cake)
21 Chicken Marsala <b>Side:</b> Brown Rice/ Spinach  <b>Alt:</b> Ham & cheese <b>Side:</b> 3 bean salad	22 Ravioli <b>Side:</b> Broccoli  <b>Alt:</b> Tuna Salad <b>Side:</b> Broccoli Salad	23 Sauerbraten Sides: potatoes & red cabbage  <b>Alt:</b> Egg Salad <b>Side:</b> Cole Slaw	24 Stuffed Peppers <b>Side:</b> egg noodles/ mixed veggies <b>Alt:</b> Chicken Salad <b>Side:</b> Potato salad (No Kosher)	25 Penne A la Vodka with chicken <b>Side:</b> Tossed Salad <b>Alt:</b> seafood salad <b>Side:</b> tossed salad (No Kosher)
28 Beef stew Sides: Noodles  <b>Alt:</b> Corn Beef sandwich <b>Side:</b> Macaroni Salad	29 Sausage peppers Side: Green Beans  <b>Alt:</b> Chicken Salad <b>Side:</b> Tossed Salad	30 Veggie Burger Side: French Fries <b>Alt:</b> Tuna <b>Side:</b> 3 bean Salad	31 Spaghetti and Meatballs Side: Salad  <b>Alt:</b> Egg salad with Tomato and cucumber salad	