






















-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p>1 Bowtie Pasta w/ Sausage & Tomato in Cream Sauce 10:00 Stretch & Tone 11:00 Meditation & Relaxation 12:45 Movie Day- "The Dig" <i>(pre-registration required)</i></p> 	<p>2</p> <p>CENTER CLOSED FOR ELECTION DAY</p> 	<p>3 Flounder Francaise 9:00-11:30 & 12:30-3:30 Mah Jongg 9:00-12:30 SCOFA Advocate 1:00 Chair Yoga w/ Beth</p>	<p>4 Salisbury Streak w/ Mushroom Gravy 10:00 Birthday Party w/ Tommy Parris</p> <p>Happy Birthday November Babies!</p>  <p>1:00 BINGO</p>	<p>5 Stuffed Peppers 10:00 Stretch & Tone 11:00 Guest Speaker- Dajuon Strange: NY State Breast & Prostate Cancer Peer Education Project 12:45 Movie Day- "The Dig" <i>(pre-registration required)</i> 1:00 Canasta</p> 
<p>8 Cheesy Turkey Tetrazzini 10:00 Stretch & Tone 11:00 Meditation & Relaxation 1:00 Caregiver's Support Group</p> <p>Word Puzzle Day</p> 	<p>9 Chicken Cacciatore 10:00 Knitting & Crocheting</p> <p>THRIFTY BOUTIQUE SHOP IS OPEN!</p>  <p>1:00 BINGO 1:00 Writing Group</p>	<p>10 Salmon Cakes w/ Tartar Sauce 9:00-11:30 & 12:30-3:30 Mah Jongg 1:00 Chair Yoga w/ Beth</p> <p>Remembering & Honoring our Veterans</p>	<p>11</p> <p>CENTER CLOSED IN OBSERVANCE OF VETERAN'S DAY</p> 	<p>12 Tuscan Pork Roast 10:00 Stretch & Tone 11:00 Sing Along w/ Emily 3:00 Canasta 4:00-7:00 Game Night <i>(pre-registration required)</i></p> 
<p>15 Sweet & Sour Chicken Meatballs 10:00 Stretch & Tone 11:00 Meditation & Relaxation</p> <p>Word Puzzle Day</p> 	<p>16 Four Cheese Baked Ziti 9:00 Hand Reflexology w/ Pam Normandy 10:45 LI Cares Non-Perishable Food Pick Up 10:30 Art Therapy- Mandala Coloring 1:00 BINGO 1:00 Writing Group</p> 	<p>17 Homemade Meatloaf w/ Mushroom Gravy 9:00-11:30 & 12:30-3:30 Mah Jongg 11:30 World TV Day – Reflecting on some of the Greatest TV Shows 1:00 Chair Yoga w/ Beth</p>	<p>18 Chicken Milano 9:00 Hand Reflexology w/ Pam Normandy 10:30 Coffee and Conversation</p>  <p>THRIFTY BOUTIQUE SHOP IS OPEN!</p>  <p>1:00 BINGO</p>	<p>19 Roast Turkey w/ Gravy 10:00 Stretch & Tone</p> <p>THANKSGIVING CELEBRATION</p>  <p>1:00 Canasta 2:30 Book Discussion Group w/ Pam</p>
<p>22 Stuffed Rigatoni w/ Roasted Garlic Marinara 10:00 Stretch & Tone 11:00 Meditation & Relaxation</p>	<p>23 Maple Glazed Ham 10:00 Knitting & Crocheting 1:00 BINGO 1:00 Writing Group</p>	<p>24 Fried Chicken 12:30-3:30 Mah Jongg 1:00 Chair Yoga w/ Beth</p> <p>Word Puzzle Day</p> 	<p>25</p>   <p>CENTER CLOSED</p>	<p>26</p>  <p>CENTER CLOSED</p>
<p>29 Bowtie Pasta w/ Sausage & Tomato in Cream Sauce 10:00 Stretch & Tone 11:00 Meditation & Relaxation</p> <p>Word Puzzle Day</p> 	<p>30 Chicken Cordon Bleu 1:00 BINGO 1:00 Writing Group</p> <p>Word Puzzle Day</p> 		<p>Shopping to Riverhead Stores w/ Shuttle Buses Every Tuesday</p> <p>Shopping in Hampton Bays Stores w/ Shuttle Buses Every Wednesday</p> 	<p>VIRTUAL SUPPORT GROUPS:</p> <p>Grandparents Raising Grandkids Every Wednesday 1-2:30pm</p> <p>Adult Children Of Aging Parents 3rd Wednesday of the Month 7-8:30pm</p> <p>Caregivers Group Every Monday 1-2:30pm</p>  <p>Call 631-728-1235 for more information</p>



Town of

SOUTHAMPTON

Eastern Long Island, NY

SENIOR SERVICES

Phone (631) 728-1235

Fax (631) 723-3061

NOVEMBER 2021

CONGREGATE MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sausage & Tomatoes in a Cream Sauce – *Normandy Vegetables – Apple Juice – Bow Tie Pasta – Italian Bread – Fresh Orange & Milk	2 CENTER CLOSED FOR ELECTION DAY 	3 Flounder Francese – * Butternut Squash Soup – Garlic Spinach – Wild Rice – Dinner Roll – Fresh Pear & Milk	4 Salisbury Steak w/Mushroom Gravy – Brussels Sprouts – Orange Juice – Mashed Potatoes – Wheat Bread – Apple Crisp & Milk	5 Stuffed Peppers – Roasted Cauliflower – Orzo – Orange Juice – Wheat Bread – Chocolate Pudding & Milk
8 Cheesy Turkey Tetrazzini Orange Juice Peas & Mushrooms – Broccoli – Spaghetti – Italian Bread – Butterscotch Pudding & Milk	9 Chicken Cacciatore – Asparagus – Apple Juice – Polenta w/Basil & Cheese – Sourdough Bread – Pineapple Chunks & Milk	10 Salmon Cake – * Zucchini Lemon Soup – Tuscany Blend Vegetables – Yellow Beans – Wild Rice – Dinner Roll – Sliced Peaches & Milk	11 CENTER CLOSED IN OBSERVANCE OF VETERAN'S DAY 	12 Tuscan Pork Roast – Roasted Green Squash w/Garlic & Tomatoes – Orange Juice – Egg Noodles – Rye Bread – Ambrosia & Milk
15 Sweet & Sour Chicken Meatballs- Fresh Broccoli- White Rice- Wheat Bread- Fresh Grapes	16 Four Cheese Baked Ziti – * Normandy Blend – Romaine Salad w/Oil & Vinegar – Italian Bread – Sliced Apricots & Milk	17 Homemade Meatloaf w/Mushroom Gravy – Roasted Parsnips and Carrots – Orange Juice – Mashed Potatoes – Rye Bread – Tropical Fruit & Milk	18 Chicken Milano – Split Pea Soup – Garlic Green Beans – Rice Pilaf – Wheat Roll – Vanilla Pudding w/Sprinkles & Milk	19 Roast Turkey w/Gravy – Corn Bread Stuffing – String Bean Casserole, Mashed Potatoes, Assorted Roll – Orange Juice – Pumpkin Pie & Milk
22 Stuffed Rigatoni w/Roasted Garlic Marinara – * Baked Winter Squash – Herbed Carrots – Italian Bread – Tropical Fruit & Milk	23 Maple Glazed Ham – Green Beans – Orange Juice – Sweet Potato – Whole Wheat Bread – Clementine & Milk	24 Fried Chicken – * Tomato Soup – Collard Greens – Corn Sauté – Corn Bread – Fresh Apple & Milk	25 CENTER CLOSED 	26 CENTER CLOSED 
29 Sausage & Tomatoes in a Cream Sauce – * Normandy Vegetables – Apple Juice – Bow Tie Pasta – Italian Bread – Fresh Orange & Milk	30 Chicken Cordon Bleu – Fresh Broccoli – Carrots – Noodles – Wheat Bread – Mandarin Oranges & Milk		*Menu item provided through our partnership with East End Food Institute.	East End Food Institute (EEFI) supports, promotes and advocates for local farmers and other food producers/providers on the East End of Long Island

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Please inform Center staff if you have a food allergy

PRE-REGISTRATION REQUIRED A DAY IN ADVANCE.

Advise staff of alternate choice when making reservation

GRAB 'N GO MEALS – PRE-REGISTRATION REQUIRED

Alternative Entrée: **NOT AVAILABLE FOR GRAB 'N GO**

Week of Nov 1 & 29

Hot: Hot Dog w/Mustard

Cold: Waldorf Salad

Week of Nov 8

Hot: Grilled Veggie Wrap

Cold: Chicken Salad Plate

Week of Nov 15

Hot: Breaded Chicken Sandwich w/Cheese

Cold: BLT Salad

Week of Nov 22

Hot: Cheese Quesadilla w/Salsa

Cold: Tuna Fish Plate

Funding provided by US Administration for Community Living through New York State Office for the Aging, Suffolk County Office for the Aging and the Town of Southampton