







-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<p><b>1 Bowtie Pasta w/ Sausage &amp; Tomato in a Cream Sauce</b>  <b>9:00</b> Rummikub  <b>11:00</b> BINGO</p>	<p><b>2</b></p> <p><b>CENTER CLOSED FOR ELECTION DAY</b></p> 	<p><b>3 Flounder Francaise</b>  <b>9:00</b> Open Table Games  <b>10:00</b> Exercise w/ Larry</p>	<p><b>4 Salisbury Steak</b>  <b>9:00</b> Rummikub  <b>10:30</b> Coffee &amp; Conversation</p> 	<p><b>5 Stuffed Peppers</b>  <b>9:00</b> Open Table Games  <b>11:00</b> BINGO</p>
<p><b>8 Cheesy Turkey Tetrazzini</b>  <b>9:00</b> Rummikub  <b>11:00</b> BINGO</p>	<p><b>9 Chicken Cacciatore</b>  <b>9:00</b> Rummikub  <b>10:30</b> Chair Yoga w/ Beth</p> <p>-----</p> <p><b>Word Search</b></p> 	<p><b>10 Salmon Cakes w/ Tartar</b>  <b>9:00</b> Open Table Games  <b>10:00</b> Exercise w/ Larry</p> <p>-----</p> <p><i>Remembering &amp; Honoring our Veterans</i></p>	<p><b>11</b></p> <p><b>CENTER CLOSED IN OBSERVANCE OF VETERAN'S DAY</b></p> 	<p><b>12 Tuscan Pork Roast</b>  <b>9:00</b> Open Table Games  <b>11:00</b> BINGO</p> 
<p><b>15 Sweet &amp; Sour Chicken Meatballs</b>  <b>9:00</b> Rummikub  <b>11:00</b> BINGO</p> 	<p><b>16 Four Cheese Baked Ziti</b>  <b>9:00</b> Rummikub  <b>10:30</b> Chair Yoga w/ Beth</p> 	<p><b>17 Homemade Meatloaf</b>  <b>9:00</b> Open Table Games  <b>10:00</b> Exercise w/ Larry  <b>11:30</b> World TV Day – Reflecting on some of the Greatest TV Shows</p> <p>-----</p> <p><b>Word Search</b></p> 	<p><b>18 Chicken Milano</b>  <b>9:00</b> Rummikub</p> <p>-----</p> <p><b>11:00 Guest Speaker- Dajuon Strange NY State Breast &amp; Prostate Peer Education Project</b></p>	<p><b>19 Roast Turkey</b>  <b>9:00</b> Open Table Games  <b>11:00</b> Sing Along w/ Nancy</p> <p>-----</p> <p><b>Thanksgiving &amp; Birthday Celebration</b></p>  <p><b>2:30</b> Book Discussion Group w/ Pam-HBSC</p>
<p><b>22</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>23 Maple Glazed Ham</b>  <b>9:00</b> Rummikub  <b>10:30</b> Chair Yoga w/ Beth</p> <p>-----</p> <p><b>Word Search</b></p> 	<p><b>24 Fried Chicken Ham</b>  <b>9:00</b> Open Table Games  <b>10:00</b> Exercise w/ Larry</p>	<p><b>25</b></p>  <p><b>CENTER CLOSED</b></p>	<p><b>26</b></p>  <p><b>CENTER CLOSED</b></p>
<p><b>29 Bowtie Pasta w/ Sausage &amp; Tomato in a Cream Sauce</b>  <b>9:00</b> Rummikub  <b>11:00</b> BINGO</p> 	<p><b>30 Chicken Cordon Blue</b>  <b>9:00</b> Rummikub  <b>10:30</b> Chair Yoga w/ Beth</p>		<p><b>Shopping In Bridgehampton Every Friday</b></p> 	<p><b><u>VIRTUAL SUPPORT GROUPS:</u></b></p> <p><b>Grandparents Raising Grandkids</b>  Every Wednesday  1-2:30pm</p> <p><b>Adult Children Of Aging Parents</b>  3<sup>rd</sup> Wednesday of the Month  7-8:30pm</p> <p><b>Caregivers Group</b>  Every Monday  1-2:30pm</p>  <p><b>Call 631-728-1235 for more information</b></p>



**NOVEMBER 2021  
CONGREGATE MEAL MENU**

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

**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**

<b>Week of Nov 1 &amp; 29</b>	<b>Hot:</b> Hot Dog w/Mustard	<b>Cold:</b> Waldorf Salad
<b>Week of Nov 8</b>	<b>Hot:</b> Grilled Veggie Wrap	<b>Cold:</b> Chicken Salad Plate
<b>Week of Nov 15</b>	<b>Hot:</b> Breaded Chicken Sandwich w/Cheese	<b>Cold:</b> BLT Salad
<b>Week of Nov 22</b>	<b>Hot:</b> Cheese Quesadilla w/Salsa	<b>Cold:</b> Tuna Fish Plate