












| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| <p>1 Bowtie Pasta w/ Sausage & Tomato in Cream Sauce "Voting" 8:30 Continental Breakfast & Music- Show Tunes 9:30 Current Events 10:30 Exercise w/ Larry 11:30 Discussion- Election Day 1:00 Don't Forget to Vote Craft</p> | <p>2 CENTER CLOSED FOR ELECTION DAY</p>  | <p>3 Flounder Francaise 8:30 Continental Breakfast & Music- Classical 9:30 Current Events 11:00 Exercise 11:30 Guess Who? Alan Shepard 1:00 BINGO</p>  | <p>4 Salisbury Steak w/ Mushroom Gravy 8:30 Hot Breakfast & Music-Frank Sinatra 9:30 Current Events 11:00 Exercise 11:30 Guess Who? Mickey Mouse 1:00 Daylight Savings Cat Clock</p> | <p>5 Stuffed Peppers 8:30 Continental Breakfast & Music- Country 9:30 Current Events 11:00 Exercise 11:30 Discussion-Who Doesn't Like Pie! 1:00 Music</p>  |
| <p>8 Cheesy Turkey Tetrazzini Word of The Week- "Veteran's" 8:30 Continental Breakfast & Music- Show Tunes 9:30 Current Events 10:30 Exercise w/ Larry 11:30 Guess Who? John F. Kennedy 1:00 Thank A Veteran Craft</p> | <p>9 Chicken Cacciatore 8:30 Hot Breakfast & Music-Ella Fitzgerald 9:30 Current Events 11:00 Exercise 11:30 Discussion- Giant Pandas 1:00 Trivia</p> | <p>10 Salmon Cakes w/ Tartar Sauce 8:30 Continental Breakfast & Music- Classical 9:30 Current Events 11:00 Exercise 11:30 Discussion- Veteran's Day 1:00 Target Game</p> | <p>11 CENTER CLOSED IN OBSERVANCE OF VETERAN'S DAY</p>  | <p>12 Tuscan Pork Roast 8:30 Continental Breakfast & Music- The Beatles 9:30 Current Events 11:00 Exercise 11:30 Guess Who? Charles M. Schulz 1:00 Pet Therapy w/ "Bella"</p> |
| <p>15 Sweet and Sour Chicken Meatballs Word of the Week- "Kindness" 8:30 Continental Breakfast & Music- Show Tunes 9:30 Current Events 10:30 Exercise w/ Larry 11:30 Discussion- Marine Corps 1:00 Turkey Craft</p> | <p>16 Four Cheese Baked Ziti 8:30 Hot Breakfast & Music- Country 9:30 Current Events 11:00 Exercise 11:30 Discussion- King Tut's Tomb 1:00 Ladderball</p> | <p>17 Homemade Meatloaf 8:30 Continental Breakfast & Music- The Andrews Sisters 9:30 Current Events 11:00 Exercise 11:30 Discussion- SS Edmund Fitzgerald 1:00 Hangman</p> | <p>18 Chicken Milano 8:30 Hot Breakfast & Music- Jazz 9:30 Current Events 11:00 Exercise 11:30 Discussion- The Jefferson Memorial 1:00 Turkey Placemats for Thanksgiving</p> | <p>19 Roast Turkey 8:30 Continental Breakfast & Music- Country 9:30 Current Events 11:00 Exercise 11:30 Discussion- World Kindness Day 1:00 Music</p>  |
| <p>22 Stuffed Rigatoni Word of the Week- "Gratitude" 8:30 Continental Breakfast & Music- Show Tunes 9:30 Current Events 10:30 Exercise w/ Larry 11:30 Jeopardy 1:00 Thanksgiving Napkin Holder Craft</p> | <p>23 Maple Glazed Ham 8:30 Hot Breakfast & Music-1970's 9:30 Current Events 11:00 Exercise 11:30 Discussion- Recycling 1:00 Shuffleboard</p>  | <p>24 Fried Chicken 8:30 Continental Breakfast & Music- Beach Boys 9:30 Current Events 11:00 Exercise 11:30 Discussion- Thanksgiving 1:00 Race Game w/ Dice</p> | <p>25  CENTER CLOSED</p>  | <p>26  CENTER CLOSED</p> |
| <p>29 Bowtie Pasta w/ Sausage & Tomato in Cream Sauce Word of the Week- "Falling Leaves" 8:30 Continental Breakfast & Music- Show Tunes 9:30 Current Events 10:30 Exercise w/ Larry 11:30 Discussion- All Saints Day 1:00 Autumn Windsock</p> | <p>30 Chicken Cordon Bleu 8:30 Hot Breakfast & Music-Ella Fitzgerald 9:30 Current Events 11:00 Exercise 11:30 Guess Who? Dick Clark 1:00 Ring Toss</p> | | <p>VIRTUAL SUPPORT GROUPS: Grandparents Raising Grandkids Every Wednesday 1-2:30pm Adult Children Of Aging Parents 3rd Wednesday of the Month 7-8:30pm Caregivers Group Every Monday 1-2:30pm</p>  <p>Call 631-728-1235 for more information</p> | <p>Everyday Activities 9:30-Current Events 11:00-Exercises 11:30-Lecture 12:00-Lunch 1:00- Game, Craft or Music</p>  |



**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 Francaise – * 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