


-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<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>	<p>Shopping In Bridgehampton Every Friday</p> 	<p>1 Flounder Francaise 9:00 Open Table Games 10:00-12:00 SCOFA Advocate 9:30 Trimming the Tree w/ Eggnog & Holiday Music 10:30 Exercise w/ Larry</p> 	<p>2 Salisbury Steak w/Mushroom Gravy 9:00 Rummikub 10:30 Coffee & Conversation 11:00 Guest Speaker- "Dajuan Strange of Peconic Bay Medical Center- "Breast & Prostate Cancer Information"</p>	<p>3 Stuffed Peppers 9:00 Open Table Games 11:00 BINGO</p> <hr/> <p>Word Search</p> 
<p>6 Cheesy Turkey Tetrazzini 9:00 Rummikub 11:00 BINGO</p>	<p>7 Chicken Cacciatore 9:00 Rummikub 10:30 Chair Yoga w/ Beth</p> <hr/> <p>Word Search</p> 	<p>8 Salmon Cakes w/ Tartar Sauce 9:00 Open Table Games 10:30 Exercise w/ Larry</p> <p>HOLIDAY BAZAAR</p>	<p>9 Oktoberfest Sauerbraten 9:00 Rummikub 10:00 Coffee & Conversation 11:00 Holiday Sing-Along with Nancy</p> 	<p>10 Tuscan Pork Roast 9:00 Open Table Games 11:00 BINGO</p> 
<p>13 Sweet & Sour Chicken Meatballs 9:00 Rummikub 11:00 BINGO</p> 	<p>14 Four Cheese Baked Ziti 9:00 Rummikub 10:30 Chair Yoga w/ Beth</p> 	<p>15 Homemade Meatloaf w/ Mushroom Gravy 9:00 Open Table Games 10:30 Exercise w/ Larry</p> <hr/> <p>Word Search</p> 	<p>16 Chicken Milano 9:00 Rummikub 10:30 Coffee & Conversation</p>	<p>17 Roast Turkey w/Gravy</p> <hr/> <p>10:45 Caroling with Valerie DiLorenzo! We will also celebrate December birthdays!</p>  <hr/> <p>2:30 Book Discussion Group w/ Pam-HBSC</p>
<p>20 Stuffed Rigatoni 9:00 Rummikub 11:00 BINGO</p>	<p>21 Maple Glazed Ham 9:00 Rummikub 10:30 Chair Yoga w/ Beth</p> <hr/> <p>Word Search</p> 	<p>22 Fried Chicken 9:00 Open Table Games 10:30 Exercise w/ Larry</p>	<p>23 Pepper Steak 9:00 Rummikub 10:30 Coffee & Conversation</p> 	<p>24 CHRISTMAS EVE CENTER OPEN 8am-12pm</p>  <p>Brunch served at 10am</p>
<p>27 CENTER CLOSED IN OBSERVANCE OF CHRISTMAS DAY</p> 	<p>28 Chicken Cordon Bleu 9:00 Rummikub 10:30 Chair Yoga w/ Beth</p>	<p>29 Flounder Francaise 9:00 Open Table Games 10:30 NO EXERCISE TODAY</p>	<p>30 Salisbury Steak w/Mushroom Gravy 9:00 Rummikub 10:30 Coffee & Conversation</p> <hr/> <p>Word Search</p> 	<p>31 NEW YEARS EVE CENTER OPEN 8am-12pm</p>  <p>Brunch served at 10am</p>



DECEMBER 2021 CONGREGATE MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*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	1 Flounder Francaise – *Butternut Squash Soup - Garlic Spinach – Wild Rice – Dinner Roll – Fresh Pear & Milk	2 Salisbury Steak w/ Mushroom Gravy, Brussel Sprouts – Mashed Potatoes – Wheat Bread – Apple Crisp, Orange Juice & Milk	3 Stuffed Peppers, Roasted Cauliflower – Orzo – Wheat Bread – Chocolate Pudding Orange Juice & Milk
6 Cheesy Tetrazzini – Peas & Mushrooms – Broccoli – Spaghetti – Italian Bread – Butterscotch Pudding -Orange Juice & Milk	7 Chicken Cacciatore – Asparagus – Apple Juice – Polenta w/ Basil & Cheese– Sourdough Bread – Pineapple Chunks & Milk	8 Salmon Cakes w/ Tartar Sauce – *Zucchini Lemon Soup – Tuscan Blend Vegetables – Yellow Beans – Wild Rice – Dinner Roll – Sliced Peaches & Milk	9 Oktoberfest Sauerbraten w/ Ginger Snap Gravy, Bavarian Green Beans, Red Cabbage – Mashed Potatoes–Wheat Bread – Apple Sauce & Milk	10 Tuscan Pork Roast – Roasted Green Squash w/ Garlic & Tomatoes–Egg Noodles – Rye Bread – Orange Juice – Ambrosia Salad & Milk
13 Sweet & Sour Chicken Meatballs – Fresh Broccoli – White Rice – Wheat Bread – Fresh Grapes & Milk	14 Four Cheese Baked Ziti – *Normandy Blend Vegetables – Romaine Salad w/ Oil & Vinegar – Italian Bread – Sliced Apricots & Milk	15 Homemade Meatloaf w/ Mushroom Gravy – Roasted Parsnips & Carrots – Mashed Potatoes – Rye Bread – Tropical Fruit - Orange Juice & Milk	16 Chicken Milano, Split Pea Soup, Garlic Green Beans – Rice Pilaf – Wheat Roll – Vanilla Pudding & Milk	17 Roast Turkey w/ Gravy- Corn- Bread Stuffing- String Bean Casserole- Mashed Potatoes- Assorted Roll- Pumpkin Pie- Orange Juice
20 Stuffed Rigatoni w/ Roasted Garlic Marinara – *Baked Winter Squash – Herb Carrots – Italian Bread – Tropical Fruit & Milk	21 Maple Glazed Ham – Green Beans – Sweet Potato - Whole Wheat Bread – Clementine - Orange Juice & Milk	22 Fried Chicken – *Tomato Soup – Collard Greens– Corn Sauté - Corn Bread – Fresh Apple & Milk	23 Pepper Steak – Yellow Beans – Asian Blend Veggies – White Rice – Rye Bread - Fruited Jello & Milk	24 Scrambled Eggs – Bacon – Home Fries – Blueberry Muffins – Fresh Cut Fruit - Orange Juice
27 Sausage & Tomato in a Cream Sauce with Bowtie Pasta– *Normandy Vegetables –Italian Bread – Fresh Orange - Apple Juice & Milk	28 Chicken Cordon Bleu – Fresh Broccoli – Carrots – Whole Wheat Noodles– Wheat Bread – Mandarin Oranges & Milk	29 Flounder Francaise – *Butternut Squash Soup - Garlic Spinach – Wild Rice – Dinner Roll – Fresh Pear & Milk	30 Salisbury Steak w/ Mushroom Gravy, Brussel Sprouts – Mashed Potatoes – Wheat Bread – Apple Crisp, Orange Juice & Milk	31 Vegetable Frittata – Sausage Pattie – French Toast - Orange Juice – Fruit Compote & Milk

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 Dec 1 & 27	Hot: Hot Dog w/ Mustard	Cold: Waldorf Salad
Week of Dec 6	Hot: Grilled Veggie Wrap	Cold: Chicken Salad Plate
Week of Dec 13	Hot: Breaded Chicken Sandwich w/ Cheese	Cold: BLT Salad
Week of Dec 20	Hot: Cheese Quesadilla w/ Salsa	Cold: Tuna Fish Plate

