

November 2022 Menu Selections



| | | <i>TUESDAY, November 1</i> | <i>WEDNESDAY, November 2</i> | <i>THURSDAY, November 3</i> | <i>FRIDAY, November 4</i> | <i>SATURDAY, November 5</i> |
|--|--|--|---|---|---|---|
| | | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| | | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Cinnamon Scone Choice of Toast Fresh Fruit Salad/ Prunes |
| | | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam |
| | | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| | | Tuscan Bread Warm Baby Spinach Salad w/ Mandarins, Grilled Chicken & Seame Genger Dressing OR Roast Beef Sandwich with Horseradish Sauce, Three Bean Salad & Pickles Carrot Cake | Manhattan Clam Chowder Fish Filet Sandwich w/ Tartar Sauce, Corn Niblets & Coleslaw OR Waldorf Chicken Salad with Fresh Apples, Craisins and Toasted Almonds Sliced Peaches | Potato Leek Grilled Asian Shrimp Wrap w/ Homemade Cucumber Salad & Potato Chips OR Ham Sloppy Sandwich w/ Homemade Cucumber Salad & Potato Chips Banana Parfait | Beef Barley Chicken Tenders w/ Honey Mustard, French Fries & Coleslaw OR Liverwurst and Onion Rye w/ Homemade Potato Salad & Pickles Pound Cake a la Mode | Hearty Vegetable Italian Hot Dog with Homemade Macaroni Salad and Pickles OR Homemade Egg Salad Platter Crackers On the Side Lemon Torte Cake |
| | | DINNER | DINNER | DINNER | DINNER | DINNER |
| | | Chicken Noodle Fresh Fruit Salad Stuffed Filet of Sole OR Lazy Lasagna <i>Side Dishes:</i> Roast Potatoes Sauteed Zucchini Garlic Bread | Butternut Squash Garlic Bread Spaghetti and Meatballs OR Maple Glazed Salmon <i>Side Dishes:</i> Baked Potato w/ Sour Cream Sauteed Spinach | Minestrone Apple Sauce Pork Florentine OR Linguini w/ Red Clam Sauce <i>Side Dishes:</i> Candied Yams Succotash Honey Wheat Dinner Roll | Carrot Dill Tartar Sauce Turkey Meatloaf w/ Gravy OR Breaded Sea Scallops <i>Side Dishes:</i> Yukon Gold Mash Potatoes Peppers and Onions Harvard Beets | Turkey and Orzo Garden Salad Yankee Pot Roast OR Lasagna Rollettes <i>Side Dishes:</i> Au Gratin Potatoes Garden Peas Glazed Carrots |
| | | NAS Chocolate Pudding | Cheesecake | Boston Cream Pie | ice Cream Sandwich | Snickerdoodles |

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| <i>SUNDAY, November 6</i> | <i>MONDAY, November 7</i> | <i>TUESDAY, November 8</i> | <i>WEDNESDAY, November 9</i> | <i>THURSDAY, November 10</i> | <i>FRIDAY, November 11</i> | <i>SATURDAY, November 12</i> |
|--|--|---|--|--|---|--|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Blueberry Pancakes Choice of Toast Fresh Fruit Salad/ Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes |
| Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Split Pea | Turkey Noodle | New England Clam Chowder | Hearty Potato | Pasta Fagioli | Potato Leek | Chicken Noodle |
| BBQ Riblet on Roll with Onion Rings and Coleslaw | Stuffed Baked Potato with Bacon & Cheddar Cheese Tossed Salad On the Side | Open Face Turkey w/ Gravy | Cheese Raviolis w/ Marinara Sauce, Parmesean Cheese & Garlic Bread | French Dip Beef Sandwich w/ Homemade Potato Salad & Pickles | Macaroni and Cheese with Glazed Carrots and Steamed Peas | Crispy Chicken Ranch Sandwich w/ Carrot Raisin Salad & Pickles |
| OR | OR | OR | OR | OR | OR | OR |
| Caesar Salad w/ Shrimp Homemade Croutons and Parmesean Cheese Cannolis | Chicken Salad on Croissant with Homemade Beet Salad and Potato Chips Sugar Free Fruited Jello | Taco Salad w/ Ground Beef, Salsa, Sour Cream & Guacomole Red Velvet Cake | Turkey Club Sandwich w/ Homemade Celery Apple Salad and Pickles Macadamia Nut Cookies | Pistachio and Strawberry Salad with Balsamic Chicken Over Fresh Greens Fruit of the Forest Pie | B.L.T. Sandwich with Three Bean Salad and Potato Chips Cranberry Orange Cookies | Smoked Salmon w/ Hardboiled Eggs, Caprers & Sliced Red Onions Ice Cream Cone |
| DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |
| White Bean and Spinach Tartar Sauce Sole Almondine OR Liver and Onions | Mushroom Barley Garlic Bread Pasta a la Bolognese OR Broiled Haddock | Chicken Broth and Noodles Garden Salad Cheese Pizza OR Pork Chops w/ Peaches | Beef Vegetable Tartar Sauce Meatloaf with Gravy OR Filet of Tilapia | Chicken and Rice Cornbread BBQ Pork Ribs OR Horseradish Crusted Salmon | Turkey and Orzo Garden Salad Chicken Marsala OR Broiled Cod w/ Tartar Sauce | Minestrone Fresh Fruit Salad Stuffed Cabbage OR Penne a la Vodka |
| <i>Side Dishes:</i> Scalloped Potatoes Garden Vegetables Honey Wheat Dinner Roll | <i>Side Dishes:</i> Au Gratin Potatoes Sauteed Zucchini Tartar Sauce | <i>Side Dishes:</i> Baked Sweet Potato Broccoli Florets Corn Niblets | <i>Side Dishes:</i> Mashed Potatoes Galzed Carrots Green Beans | <i>Side Dishes:</i> Candied Yams Succotash Coleslaw | <i>Side Dishes:</i> Roast Potatoes Sauteed Baby Spinach Honey Wheat Dinner Roll | <i>Side Dishes:</i> Rice Pilaf Steamed Garden Peas Garlic Bread |
| Sliced Pears | Chocolate Chip Cookies | Peaches and Cream | Butterscotch Pudding | Sliced Apricots | Rice Pudding | Chocolate Cake |

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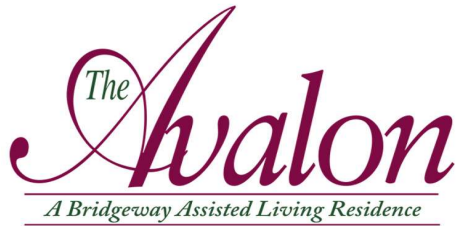
| <i>SUNDAY, November 13</i> | <i>MONDAY, November 14</i> | <i>TUESDAY, November 15</i> | <i>WEDNESDAY, November 16</i> | <i>THURSDAY, November 17</i> | <i>FRIDAY, November 18</i> | <i>SATURDAY, November 19</i> |
|--|--|---|---|--|---|--|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Apple Filled Pancakes Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Brekfat Sandwich Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Blueberry Filled Pancakes Choice of Toast Fresh Fruit Salad/Prunes |
| Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| New Englad Clam Chowder | Sausage, Cabbage and Potato | Manhattan Clam Chowder | Beef Barley | Broccoli and Cheese | Vegetable | Chicken Broth w/ Noodles |
| Pierogies with Caramelized Onion, Sour Cream and Garden Vegetables | Sloppy Joe on Kaiser Roll w/ Homemade Potato Salad and Pickles | Crispy Fish Sticks w/ Tartar Sauce, Boiled Potatoes, Corn Niblets and Coleslaw | Homemade Quiche Lorraine with Fresh Fruit Salad On the Side | Soft Shell Taco w/ Ground Beef, Salsa, Sour Cream and Guacomole | Pork Roll, Egg and Cheese Sandwich with Country Skillet Potatoes | Hot Dog On a Bun with Sauerkraut, Baked Beans and Coleslaw |
| OR | OR | OR | OR | OR | OR | OR |
| Chicken Salad Pita Pocket w/ Homemade Cucumber Salad & Potato Chips NAS Vanilla Pudding | Antipasto Salad with Ham, Salami, Olives, Roasted Peppers & Mozzarella Peanut Butter Cookies | Italian Sub Sandwich with Homemade Macaroni Salad and Pickles Warm Apple Crisp | Granny Smith Apple and Roast Turkey Salad with Walnuts and Ranch Dressing Sliced Pears | Whole Grain Ham and Cheese Sandwich w/ Homemade Beet Salad and Potato Chips Oatmeal Raisin Cookies | Seasonal Fresh Fruit and Cottage Cheese Platter Crckers On the Side Ice Cream Sundae | Homemade Tuna alad Over Fresh Garden Greens Crackers On the Side Lemon Pound Cake |
| DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |
| Corn Chowder Garden Salad Susage and Peppers OR Crab Cakes w/ Tartar Sauce | French Onion Fresh Fruit Salad Filet Mignon OR Cavatelli and Broccoli | Chicken Noodle Garlic Bread Chicken Kiev OR Fall Lasagna w/ Fresh Sage | Lentil Fortune Cookie Beef Stir Fry OR Shrimp Scampi | Matzo Ball Omelets Made to Order OR Lamb Chops w/ Mint Jelly | Italian Wedding Mustard Corned Beef and Cabbage OR Turkey Tettrazini | Split Pea Garlic Bread Chicken Parmesean w/ Pasta OR Baked Cod Loin |
| <i>Side Dishes:</i> Roast Potatoes Green Beans Garlic Bread | <i>Side Dishes:</i> Baked Potato w/ Sour Cream Mixed Vegetables Honey Wheat Dinner Roll | <i>Side Dishes:</i> Yukon Gold Mash Potatoes Garden Peas Stewed Tomatoes | <i>Side Dishes:</i> Angel Hair Pasta Steamed Broccoli Florets Garlic Bread | <i>Side Dishes:</i> Scalloped Potatoes Cauliflower Florets Baby Spinach | <i>Side Dishes:</i> Boiled Potatoes Steamed Carrots Honey Wheat Dinner Roll | <i>Side Dishes:</i> Rice Pilaf Fire Roasted Vegetables Tartar Sauce |
| Cupcakes | Pistachio Ice Cream | Tapioca Pudding | Lemon Meringue Pie | Eclairs | NAS Blueberry Pie | Rice Pudding |

November 2022

Menu Selections



| <i>SUNDAY, November 20</i> | <i>MONDAY, November 21</i> | <i>TUESDAY, November 22</i> | <i>WEDNESDAY, November 23</i> | <i>THURSDAY, November 24</i> | <i>FRIDAY, November 25</i> | <i>SATURDAY, November 26</i> |
|--|--|---|--|---|---|---|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Apple Pancakes Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Cinnamon Scone Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes |
| Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Tomato Grilled Cheese, Bacon and Tomato Sandwich with Potato Chips & Coleslaw OR Asian Chopped Salad with Chicken, Mandarin Oranges and Sesame Ginger Dressing Peanut Butter Cookies | French Onion TexMex Quesadillas with Guacomole, Sour Cream and Salsa OR Roast Beef Club Sandwich w/ Homemade Macaroni Salad and Pickles Fruit Tart | Cream of Mushroom Monte Cristo Sandwich with Homemade Celery Apple Salad and Potato Chips OR Homemade Shrimp Salad Over Garden Greens Strawberry Shortcake | Chicken Noodle Eggplant Parmesan Over Spaghetti w/ Parmesan Cheese and Garlic Bread OR Honey Mustard Turkey on Brioche w/ Carrot Raisin Salad and Pickles Sliced Peaches | SPECIAL THANKSGIVING LUNCHEON | Hearty Potato Vegetable Lo Mein Fortune Cookie and Egg Roll OR Cranberry Turkey Wrap w/ Homemade Beet Salad and Potato Chips Cream Puffs | Cream of Turkey Grilled Cuban Sandwich w/ Homemade Potato Salad and Pickles OR Chef's Salad Platter with Your Choice of Dressing On the Side Root Beer Floats |
| DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |
| Chicken Gumbo Garden Salad Beef Stroganoff OR Haddock w/ Tartar Sauce <i>Side Dishes:</i> Buttered Noodles Green Beans Honey Wheat Dinner Roll | Lentil Cranberry Sauce Rotisserie Chicken OR Polska Kielbasa <i>Side Dishes:</i> Garlic Mash Potatoes Broccoli Florets Stewed Tomatoes | Beef Barley Apple Sauce Roast Pork Loin w/ Gravy OR Fettuccine Alfredo <i>Side Dishes:</i> Baked Sweet Potato Sautéed Cabbage Harvard Beets | Seafood Bisque Cornbread Chili Con Carne OR Tempura Shrimp <i>Side Dishes:</i> Stir Fried Rice Steamed Snap Peas Egg Roll | Tortellini Garden Salad Chicken Francaise OR Filet of Flounder <i>Side Dishes:</i> Baked Potato w/ Sour Cream Glazed Carrots Steamed Peas | Vegetable Garlic Bread Sirloin Tips OR Baked Manicotti <i>Side Dishes:</i> Au Gratin Potatoes Sautéed Baby Spinach Honey Wheat Dinner Roll | Italian Wedding Tartar Sauce Fish Florentine OR Chicken Cacciatore <i>Side Dishes:</i> Roast Potatoes Zucchini Garlic Bread |
| Sugar Free Fruited Jello | Brownies | NAS Vanilla Pudding | Coconut Custard Pie | Blueberry Cobbler | Tres leche Cake | Lemon Bars |



November 2022 Menu Selections



| <i>SUNDAY, November 27</i> | <i>MONDAY, November 28</i> | <i>TUESDAY, November 29</i> | <i>WEDNESDAY, November 30</i> | | | |
|--|---|--|---|--|--|--|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | | | |
| Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Apple Filled Pancakes Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes | Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes | | | |
| Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | Juice/Milk/Coffee/Tea Butter/Syrup/Jelly | | | |
| LUNCH | LUNCH | LUNCH | LUNCH | | | |
| Split Pea | Cream of Broccoli | Tuscn Bread | Manhattan Clam Chowder | | | |
| Pepperoni French Bread Pizza | Broccoli and Cheddar Cheese | Warm Baby Spinach Salad w/ | Fish Filet Sandwich w/ | | | |
| Fresh Garden Salad On the Side OR | Quiche with Fresh Fruit Salad On the Side OR | Mandarins, Grilled Chicken & Sesame Ginger Dressing OR | Tartar Sauce, Corn Niblets & Coleslaw OR | | | |
| Cobb Salad w/ Diced Turkey, Bacon, Avocado, Tomatoes and Hardboiled Eggs Tapioca Pudding | Muffaletta Sandwich with Potato Chips and Pickles Southern Pecan Pie | Roast Beef Sandwich w/ Horradish Sauce, Three Bean Salad & Pickles Carrot Cake | Waldof Chicken Salad w/ Fresh Apples, Craisins & Toasted Almonds Sliced Peaches | | | |
| DINNER | DINNER | DINNER | DINNER | | | |
| Turkey and Wild Rice Tartar Sauce Baked Flounder OR Stuffed Peppers | Alphabet Garen Salad Chicken Deluxe OR Pot Stickers | Chicken Noodle Fresh Fruit Salad/Prunes Stuffed Filet of Sole OR Lazy Lasagna | Butternut Squash Garlic Bread Spaghetti and Meatballs OR Maple Glazed Salmon | | | |
| <i>Side Dishes:</i> Scalloped Potatoes Steamed Peas Garlic Bread | <i>Side Dishes:</i> Rice Pilaf Green Beans Pearl Onions | <i>Side Dishes:</i> Roast Potatoes Sauteed Zucchini Garlic Bread | <i>Side Dishes:</i> Baked Potato w/ Sour Cream Sauteed Spinach | | | |
| Oatmeal Raisin Cookies | Homemade Ambrosia | NAS Chocolate Pudding | Cheesecake | | | |