



November 2024 Menu Selections



					<i>Friday, November 1</i>	<i>Saturday, November 2</i>
					BREAKFAST	BREAKFAST
					HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Apple Cider Donut Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Blueberry Pancakes Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese
					LUNCH	LUNCH
					Hearty Potato Lobster Roll with Potato Fries Corn Niblets and Coleslaw OR Grilled Thai Chicken Salad w/ Peanut Sauce Over Fresh Spring Mix Bread Pudding	Cream of Turkey Homemade Chili Con Carne w/Cheddar Cheese Onions/Sour Cream and Cornbread OR Multi Grain Ham and Swiss Sandwich w/Honey Dijon Mustard/Potato Chips & Pickles Orange Sorbet
					DINNER	DINNER
					Butternut Squash Sirloin Tips OR Angel Hair Pasta w/Marinara Sauce Side Dishes: Au Gratin Potatoes Creamed Spinach Pearl Onions Red Velvet Cake	Pasta Fagioli Roast Turkey w/Gravy OR Haddock w/Tartar Sauce Side Dishes: Mashed Potato Cornbread Stuffing Asparagus Apple Pie



November 2024 Menu Selections



Sunday, November 3	Monday, November 4	Tuesday, November 5	Wednesday, November 6	Thursday, November 7	Friday, November 8	Saturday, November 9
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffles Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Blueberry Muffin Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Donut Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Tortilla Pierogies w/Caramelized Onions/Steamed Peas and Sour Cream OR Ham and Pimiento Sandwich w/Homemade Macaroni Salad and Pickles Sliced Pears	Turkey Noodle Thin Crust Cheese Pizza w/Tossed Salad on the Side Choice of Dressing OR Chicken Parm Salad with Tomatoes/Fresh Mozzarella Dinner Roll Banana Pudding	New England Clam Chowder Mushroom Swiss Burger with Lettuce/Tomato/Onion Rings and Coleslaw OR Antipasto Chopped Salad w/ Ham/Salami/Mozzarella/Olives and Roasted Peppers Cheesecake	Italian Wedding Roast Beef on Kaiser Roll w/ Horseradish Mayo/Cucumber Salad and Potato Chips OR Vegetable Lo Mein with Egg Roll/Soy Sauce and Lemon Wedge Lemon Cake	Matzo Ball Grilled Pesto Chicken Melt on Sourdough Bread w/ Broccoli Salad and Potato Chips OR BBQ Pulled Pork Salad with Avocado/Onions/Cucumber Beans/Tomatoes and Carrots Mango Float	Mushroom Barley Loaded Stuffed Potatoes with Bacon/Chives/Scallion/Cheese and Sour Cream OR Turkey Club Sandwich on 7 Grain Wheat Bread with Celery, Apple Salad and Chips Apple Filled Cheerios	Potato Leek and Bacon Pastrami Sandwich On Rye w/Mustard and Homemade Salad and Pickles OR Grilled Shrimp Caesar Salad with Croutons, Hardboiled Egg and Parmesan Cheese Sugar Free Fruit Jell-O
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Beef Vegetable Lasagna Rollettes OR Pan Seared Crab Cake Side Dishes: Rice Pilaf Corn Niblets Broccoli Carrot Cake	Split Pea Homemade Meatloaf OR Haddock w/ Tartar Sauce Side Dishes: mashed Potatoes Glazed Carrots Garden Peas Fresh Baked Cookies	Chicken Broth w/Noodles Chicken A La King OR Polska Kielbasa Side Dishes: Buttered Noodles Sautéed Yellow Squash Red Cabbage Peaches and Cream	White Bean and Spinach Pork Roast with Gravy OR Cod Loin w/Tartar Sauce Side Dishes: Candied Yam Braised Red Cabbage Brussels Sprouts Rice Pudding	Chicken Gumbo Spaghetti and Meatballs OR Kale and Veggie Dumplings Side Dishes: Steamed Basmati Rice Stir Fry Vegetables Egg Roll/Breadsticks Warm Apple Crisp Ala Mode	Minestrone Chicken Piccata OR Arancini Beef and Pea Ball Side Dishes: Garlic mashed Potatoes Sautéed Spinach Stewed Tomatoes, Dinner Roll Mandarin Oranges	Lentil Yankee Pot Roast OR Broiled Flounder Side Dishes: Boiled Potatoes Garden Vegetables Honey Wheat Roll French Silk Pie



November 2024 Menu Selections



Sunday, November 10	Monday, November 11	Tuesday, November 12	Wednesday, November 13	Thursday, November 14	Friday, November 15	Saturday, November 16
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffles Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Apple Turnover Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Danish Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Split Pea Chicken Tenders w/Honey Mustard w/Couscous Corn Salad and Chips OR Homemade Egg Salad Platter w/Your Choice of Dressing Crackers on the Side Tapioca Pudding	Beef Barley Philly Cheesesteak w/Sautéed Onions/Potato Salad and Pickles OR Tuna Nicoise Salad with Hardboiled Eggs/Potatoes and French Vinaigrette Oatmeal Raisin Cookies	Carrot and Tomato Homemade Quiche Lorraine with Tossed Salad on the Side Your Choice of Dressing OR Roast Eggplant and Mozzarella Sandwich on Focaccia w/ Potato chips and Pickles Éclair Ice Cream Bar	Manhattan Clam Chowder Fish and Chips w/Tartar Sauce/Corn Niblets and Coleslaw OR B.L.T. Sandwich w/Mayo lettuce/Tomato/Homemade Macaroni Salad and Pickles Sliced Apricots	Cream of Broccoli Warm Asian Shrimp Wrap w/Cucumber Salad and Potato Chips OR Turkey Salad with Toasted Walnuts/Sliced Apple and Ranch Dressing Ice Cream Cone	Tex-Mex Chili Hotdog on a Bun with Sauerkraut/Baked Beans and Coleslaw OR Fruit and Cottage Cheese Platter with Crackers on the Side NAS Vanilla Pudding	Chicken and Rice Open Faced Turkey w/ Sweet Potato fries/Cranberry Sauce and Pickles OR Lobster Tarragon Salad Over Salad greens Boston Cream
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Pumpkin Wild Rice Salisbury Steak OR Cheese Ravioli w/Marinara Side Dishes: Baked Potato w/Sour Cream Broccoli Florets Garlic Bread Peppermint Cheesecake	Alphabet Rotisserie Chicken OR Lemon Cod Side Dishes: Potato Pancakes Steamed Cauliflower Garden Peas Peach Cobbler	Matzo Ball Maple Dijon Salmon OR Pasta Carbonara Side Dishes: Rosemary Potatoes Creamed Spinach Honey Wheat Dinner Roll NAS Chocolate Pudding	Chicken Noodle BBQ Pork Spare Ribs OR Eggplant Rollata Side Dishes: Baked Sweet Potato Corn Niblets Green Beans Pound Cake	Minestrone Pasta Bolognese OR Herb Garlic Tilapia Side Dishes: Rice Pilaf Garden vegetables Warm Breadsticks Pecan Pie	Potato Leek Chicken Cordon Blue OR Filet of Sole Side Dishes: Scalloped Potatoes Glazed Carrots Sautéed Zucchini Brownie Blondie	Mushroom Barley Stuffed Peppers OR Flounder w/Tartar Sauce Side Dishes: Roasted Potatoes Steamed Peas Garlic Bread Snickerdoodle Cookies



November 2024 Menu Selections



<i>Sunday, November 17</i>	<i>Monday, November 18</i>	<i>Tuesday, November 19</i>	<i>Wednesday, November 20</i>	<i>Thursday, November 21</i>	<i>Friday, November 22</i>	<i>Saturday, November 23</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffles Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Blueberry Muffin Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Donut Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tomato Grilled Ruben Sandwich on Rye w/Sauerkraut/Mustard Homemade Potato Salad and Pickles OR Tuna Salad Platter with Your Choice of Dressing Crackers on the Side Rice Pudding	Sausage, Cabbage and Potato Pasta Pomodoro w/ Cherry Tomato/Mozzarella Ball Spinach/Marinara Sauce Garlic Bread OR Steak and Provolone on Roll w/Caramelized Onions Sweet Potato Fries Coconut Custard Pie	Manhattan Clam Chowder BBQ Pulled Pork on Kaiser Roll with Onion Rings and Coleslaw OR Crunch Thai Chicken Salad w/ Edamame/Avocado/Carrots Peanut Sauce Sliced Apricots	Mushroom Beef Barley Broccoli and Cheddar Cheese Quiche with Fresh Fruit on the Side OR Turkey and Bacon Croissant Sandwich w/Carrots Raisin Salad and Pickles Apple Dumpling	Broccoli and Cheese Coconut Shrimp with Stir - Fry Rice/Snow Peas and Egg Roll OR Italian Sub Sandwich with Homemade Macaroni Salad Potato Chips Lemon Cookies	Butternut Squash Tortellini with Pesto Sauce Parmesan Cheese and Warm Breadsticks OR Cobb Salad Platter Cucumbers/Tomatoes Avocado and Diced Turkey Sliced Pears	Beef and Vegetable Crispy Fish Sandwich w/ Shredded Lettuce/Red Onions Tartar Sauce/Fries and Coleslaw OR Caprese Salad Platter w/ Fresh Mozzarella/Tomatoes and Basil/Balsamic Vinaigrette Crackers on the Side Marble Pound Cake
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Navy Bean Chicken Cutlet w/Gravy OR Broiled Salmon Side Dishes: Garlic Mashed Potatoes Green Beans Stewed Tomatoes Tiramisu	French Onion Beef Taco Platter OR Sole Piccata Side Dishes: Rice Pilaf Sautéed Peppers and Onions Steamed Peas SF Fruited Jell-O	Lentil Beef Tenderloin OR Penne Ala Vodka Side Dishes: Baked Potato Asparagus Honey Wheat Roll Pistachio Ice Cream	Corn Chowder Smothered Pork Chops OR Macaroni and Cheese Side Dishes: Mashed Potatoes Creamed Spinach Dinner Roll Tapioca Pudding	Matzo Ball Corned Beef and Cabbage OR Primavera Pasta Side Dishes: Boiled Potatoes Carrots Garlic Bread Chocolate Mousse	Split Pea Shepard's Pie OR Crabmeat Stuffed Sole Side Dishes: Scalloped Potatoes Broccoli florets Corn Niblets Chocolate cake	Mushroom and Wild Rice Chicken Cacciatore OR Beef Raviolis Side Dishes: Roasted Baby Potatoes Sautéed Zucchini Warm Breadsticks Rice Pudding



November 2024 Menu Selections



Sunday, November 24	Monday, November 25	Tuesday, November 26	Wednesday, November 27	Thursday, November 28	Friday, November 29	Saturday, November 30
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffles Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Apple Turnover Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Danish Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Stewed Prune/Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Peanut Butter/Cream Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
New England Clam Chowder Meatball Sub Sandwich w/Onion Rings/Coleslaw and Pickles OR Shrimp Caesar Salad w/ Hardboiled Egg/CROUTONS and Parmesan Cheese Key Lime Pie	French Onion Cuban Panini on Sourdough with Homemade Cucumber and Potato Chips OR Salmon and Roasted Potato Salad w/Peppers and Artichokes Oatmeal Raisin Cookies	Cream of Mushroom Orange Chicken Over Steamed Rice w/Stir-Fry Vegetables and Egg Roll OR Grilled Vegetable Wraps w/ Mozzarella Cheese and Balsamic Vinaigrette Banana Split	Chicken Noodle Roast Beef Sandwich with Horseradish Mayo/Lettuce Tomato/Fries/Coleslaw OR Mediterranean Tuna Salad Chickpeas/Cucumbers/Red Peppers/Olives/Feta Cheese Sliced Pears	Thanksgiving Pumpkin Smoked Honey Ham w/ Chicken Apple Waldorf Pasta Dinner Roll OR Baked Ziti w/Ground Beef Marinara Sauce/Parmesan Cheese and Dinner Roll Pumpkin Spice Cake	Hearty potato Grilled Cheese with Broccoli Pasta and Pickles OR Fresh Fruit and Cottage Cheese Platter with Crackers on the Side Banana Bread Pudding	Cream of Turkey Lobster Roll on Toasted Hoagie/Corn Niblets and Homemade Potato Salad OR Grilled Chicken Cobb Salad Your Choice of Dressing Dinner Roll on the Side Orange Sorbet
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Gumbo Homemade Chicken Pot Pie Or Baked Tilapia Side Dishes: Scalloped Potatoes Cauliflower Sautéed Zucchini NAS Chocolate Pudding	Lentil and Spinach Autumn Lasagna OR Cod Loin w/Tartar Sauce Side Dishes: Rice Pilaf Garden Vegetables Warm Breadsticks Peach Melba	Beef Barley Shrimp Scampi OR Pasta Bolognese Side Dishes: Baked Potato Brussels Sprouts Garlic Bread Strawberry Shortcake	Seafood Bisque Chicken Francaise OR Baked Haddock Side Dishes: Garlic Mashed Potatoes Broccoli Florets Asparagus Nas Vanilla Pudding	Family Style Dinner Carrot Ginger w/CROUTONS Roast Turkey w/Gravy OR Stuffed Flounder Cranberry Sauce Sweet Potato Casserole Cornbread Stuffing <i>Green Beans Casserole</i> Caramel Apple or Pumpkin Pie	Vegetable Beef Steak w/Onions OR Angel Hair Pasta w/Marinara Side Dishes: Steamed White Rice Sautéed Bokchoy Garlic Bread Assorted Dessert Tray	Italian Wedding Roast Pork Loin OR Poached Salmon Side Dishes: Candied Yams Red Braised Cabbage Green Beans Tropical Fruit Salad