

October 2026 Menu

GLEN COVE SENIOR CENTER, 130 Glen Street, GC, NY 11542

City of Glen Cove Mayor – Pamela D. Panzenbeck

Glen Cove Senior Center Executive Director – Christine Rice

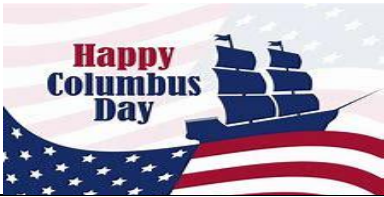
Site Manager – Jacqueline Tecce

Activities Coordinator – Eric Shuman

Nassau County Office for the Aging

This program is made possible with funding from the City of Glen Cove, the Nassau County Department of Human Services,

Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>PLEASE NOTE:</u> IN ORDER TO RESERVE THE MEAL YOU DESIRE LUNCH RESERVATIONS MUST BE MADE <u>BY NOON AT LEAST</u> <u>TWO BUSINESS DAYS</u> PRIOR TO THE DAY YOU WILL BE COMING IN THANK YOU	FOR LUNCH RESERVATIONS AND/OR BUS TRANSPORTATION PLEASE CALL <u>516-676-6182</u>	<u>Suggested contributions</u> <u>Lunch \$3.00 for seniors</u> <u>Guest under 60</u> <u>Pay full price of \$5.70</u> <u>Bus \$1.00 each way</u>	1 Chicken Noodle Soup, Pot Roast with Gravy, Mashed Potatoes, Broccoli, Roll, Banana OR Chicken Noodle Soup, Thin Sliced Ham & Cheese on Rye with L&T & Mustard, Broccoli Salad, Banana	2 Lentil Soup, Chicken Cordon Bleu (Ham & Cheese), Roasted Potatoes, Vegetable Blend, Italian Bread, Ice Cream OR Lentil Soup, Egg Salad on Wheat with L&T, Cole Slaw, Ice Cream
5 Split Pea Soup, Chicken Picatta, Rice Pilaf, Green Beans, Wheat Bread, Pudding OR Split Pea Soup, Seafood Salad in a Tortilla with L&T, 3 Bean Salad, Pudding	6 Minestrone Soup, Beef Taco with Lettuce, Tomatoes & Cheese on a Tortilla, Mexican Rice with Beans, Crackers, Banana OR Minestrone Soup, Thin Sliced Turkey & Swiss on Rye with L&T & Mayo, Potato Salad, Banana	7 Lentil Soup, Stuffed Shells with Marinara Sauce, Spinach, Mixed Salad, Italian Bread, Pear Halves OR Lentil Soup, Tuna Salad on Rye with L&T, Mixed Salad, Pear Halves	8 Tomato Rice Soup, Sausage & Peppers with Marinara Sauce, Roasted Potatoes, Broccoli, Wheat Bread, Jello with Fruit OR Tomato Rice Soup, Chicken Salad in a Tortilla with L&T, Cole Slaw, Jello with Fruit	9 Vegetable Barley Soup, Spaghetti with Meatballs, Italian Blend Vegetables, Roll, Peach Halves OR Vegetable Barley Soup, Thin Sliced Ham & Cheese on Rye with L&T & Mustard, Macaroni Salad, Peach Halves
12 THE SENIOR CENTER IS CLOSED 	13 Minestrone Soup, Chicken Parmigiana with Marinara Sauce, Pasta with Marinara Sauce, Spinach, Italian Bread, Cannoli OR Minestrone Soup, Seafood Salad in a Tortilla with L&T, Pasta Salad, Cannoli	14 Cream of Broccoli Soup, Sloppy Joes on a Bun, French Fries, Cole Slaw, Crackers, Banana OR Cream of Broccoli Soup, Thin Sliced Turkey & Swiss on Rye with L&T & Mayo, Cole Slaw, Banana	15 Butternut Squash Soup, Roast Turkey with Gravy, Mashed Sweet Potatoes, Vegetable Blend, Rye Bread, Pudding OR Butternut Squash Soup, Tuna Salad on Rye with L&T, Tomato & Cucumber Salad, Pudding	16 Potato Chowder Soup, Meatloaf with Gravy, Mashed Potatoes, Carrots, Wheat Bread, Birthday Cake Or Potato Chowder Soup, Chicken Salad in a Tortilla with L&T, Potato Salad, Birthday Cake
19 Potato Chowder Soup, Sauerbraten with Gravy, Boiled Red Potatoes, Red Cabbage, Rye Bread, Apple Crumb Cobbler OR Potato Chowder Soup, Chicken Salad in a Tortilla with L&T, Cole Slaw, Apple Crumb Cobbler	20 Cream of Mushroom Soup, Breaded Fish with Tartar Sauce, Roasted Potatoes, Peas & Carrots, Wheat Bread, Oranges OR Cream of Mushroom Soup, Thin Sliced Ham & Cheese on Rye with L&T & Mustard, Pea Salad, Oranges	21 Lentil Soup, Chicken Topped with Mozzarella & Spinach in a Marsala Sauce, Mashed Potatoes, Carrots, Roll, Pudding OR Lentil Soup, Seafood Salad in a Tortilla with L&T, Macaroni Salad, Pudding	22 Tomato Rice Soup, Swedish Meatballs with Gravy over Noodles, Broccoli, Wheat Bread, Banana Or Tomato Rice Soup, Egg Salad on Wheat with L&T, Broccoli Salad, Banana	23 Minestrone Soup, Chicken Francaise, Mashed Potatoes, Peas & Carrots, Italian Bread, Jello with Fruit Or Minestrone Soup, Tuna Salad on Rye with L&T, Pasta Salad, Jello with Fruit
26 Split Pea Soup, Loin of Pork with Gravy, Mashed Potatoes, Beets, Wheat Bread, Applesauce OR Split Pea Soup, Tuna Salad on Rye with L&T, Beet Salad, Applesauce	27 Broccoli Cheddar Soup, Spinach Lasagna with Light Cream Sauce, Mixed Vegetables, Italian Bread, Pudding OR Broccoli Cheddar Soup, Chicken Salad in a Tortilla with L&T, Veggie Salad, Pudding	28 Beef Barley Soup, Chicken Marsala, Rice Pilaf, Peas & Carrots, Wheat Bread, Fresh Baked Cookies OR Beef Barley Soup, Egg Salad on Wheat with L&T, Pea Salad, Fresh Baked Cookies	29 Chicken Noodle Soup, Pot Roast with Gravy, Mashed Potatoes, Green Beans, Roll, Ice Cream OR Chicken Noodle Soup, Seafood Salad in a Tortilla with L&T, 3 Bean Salad, Ice Cream	30 Butternut Squash Soup, Chilli with Beef & Beans, Brown Rice, Broccoli, Wheat Bread, Graveyard Cake OR Butternut Squash Soup, Thin Sliced Turkey & Swiss on Rye with L&T & Mayo, Broccoli Salad, Graveyard Cake