



*Youth is a fleeting gift of nature.
Aging well is an enduring work of art.*

GLEN COVE SENIOR CENTER

WHAT MAKES OUR CENTER SO UNIQUE?

In our beautiful three-story building located in the heart of downtown Glen Cove, our dedicated staff and extraordinary volunteers plan, develop, and coordinate programs and services for older residents in Glen Cove and its surrounding communities. For more than three decades the Glen Cove Senior Center has offered opportunities, adventures, and assistance in meeting the challenges of aging to senior citizens 60 years of age and over. What makes our Center unique is the energy of hundreds of seniors' spirits and the diverse continuum of care we provide for the active senior as well as the senior with special needs who benefits from our Adult Day Program and Friendly Visiting Services.

Our wealth of programs provides a variety of intellectual and recreational opportunities. Seniors can focus on their health in our multi-faceted wellness and exercise classes, brain fitness activities, workshops and health screenings or nourish their minds in our weekly discussion groups, computer training, cultural arts celebrations, excursions, and intergenerational partnerships. We strive for excellence in all we do and are very proud of the accomplishments of our staff and volunteers who are often recognized for their efforts. In the past couple of years, the City of Glen Cove, through the efforts of the Glen Cove Senior Center, was recognized as an Age Friendly community by AARP and the World Health Organization. Soon after, the City of Glen Cove was given the honor of becoming a Center of Excellence and the Senior Center is seen as a model Center.

We take great pride in our widespread and distinctive community outreach programs. Our Center has assisted many young people through our mentoring and scholarship programs, and fundraised for people in crisis locally, nationally, and internationally. Despite our age - or perhaps because of it - we are devoted activists and continually advocate for additional housing, better healthcare, and social and financial support that foster independence, dignity, and peace of mind. A delicious hot or cold lunch, curb-to-curb transportation, and ample parking for those who drive, offer the backdrop to revisiting an old hobby, discovering a new interest, or just spending a relaxing and often inspiring afternoon with friends.

The Glen Cove Senior Center is currently funded by the Older Americans Act, the New York State Office for Aging, and the Nassau County Office for Aging, as well as generous support from the City of Glen Cove and the Glen Cove SAGE Foundation



The Red Hot Mamas & Joey Nickels highlight just two of the many show stopping afternoons enjoyed at the Glen Cove Senior Center.



CONTACT INFORMATION

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A LETTER FROM OUR DIRECTOR

Dear Readers,

October is an exciting month as we are having our annual SAGE Foundation golf outing. The SAGE Foundation assists the Glen Cove Senior Center in its mission to pursue and provide the highest quality of programs and services for the senior citizens of Glen Cove and surrounding areas. The SAGE Foundation Board Members dedicate their time helping us provide any and all services our beloved senior members need. We are so grateful for their continued support and look forward to another amazing and successful event!

This month we continue to provide the ENHANCE program with Northwell Health. These meetings have been extremely beneficial for our members, and we look forward to learning about more health topics. In addition, our Bereavement Group takes place on the first and third Tuesday of the month for those who are dealing with loss of anyone important in their life. This group provides conversation, compassion and resources to help cope through a very difficult time. We have also started a very interesting Peace Education Program. This program takes place each Wednesday at 10:45 am in the Activity Room and discusses a multitude of topics pertaining to how to center yourself and find the peace we all deserve and want in life.

This month is Breast Cancer Awareness Month, which helps to increase education, promote early detection and support those affected by the disease. This topic will be discussed by Dr. Keber at this month's Walk With A Doc which will take place at Garvie's Point Ferry Terminal (weather permitting) on Thursday, October 8th from 9:00 am – 10:00 am. If you have the time, please join us for Dr. Keber's discussion and question and answer period along with a twenty-minute walk on the esplanade. Dr. Keber has been involved with Walk With A Doc since its inception in Glen Cove and we are so grateful for her commitment to helping all.

Halloween is always an extremely fun day at the Center. Many of our members dress up in their favorite costumes and join our costume contest. We will be celebrating Halloween on Friday, October 30th at 12:45 pm. Whether you have a costume or not, please join us and enjoy the camaraderie that is always present at our Center!

Thank you to all our members who make our Center a HOME!

If you know any seniors who are in need, please encourage them to call our center Monday – Friday 9:00 am – 5:00 pm and speak with myself or our social workers. We are always here to help in any way that we can.

Best Regards,

Christine Rice

Christine Rice
Executive Director

As a government agency, we cannot endorse specific advertisers; however, we greatly appreciate their support. They are making this publication possible. They are active members of our business community who take great pride in their service to seniors. We applaud their efforts and can't thank them enough!

OCTOBER HAPPENINGS AT THE GLEN COVE SENIOR CENTER

INTERACTIVE LIVE TOURS

from the comfort of our Center!

October 22nd at 10:00am – Falun, Sweden

Dive into the sights, sounds, flavors, and spirit of these beautiful places. Ditch the airport hassle and let us bring the world you!

FREE October Bingo:

October 20th at 2:00pm – Sponsored by Emerge & Glen Cove Center for Nursing and Rehabilitation

October 23rd at 1:00pm – Sponsored by Glengariff Rehabilitation and Healthcare Center

October 30th at 1:15pm – Sponsored by Howard Gursky Insurance

Pickleball Open Play & Clinic Beginner – Intermediate

Stanco Park Courts (*Reservations Required*)

October 5th & 22nd at 3:00 pm

Pickleball Tournament

October @2:30 pm

Walking Club

Downtown Glen Cove

October 6th, 19th & 27th at 10:15 am

MARK YOUR CALENDARS:

Banjo Rascals Oktoberfest Performance

Friday, October 2nd at 1:00pm

Don't miss this lively and festive afternoon as we celebrate Oktoberfest with a special performance by the Banjo Rascals! Known for their upbeat banjo sound, energetic showmanship, and fun mix of traditional favorites, the Banjo Rascals have been entertaining audiences for decades. Their music brings people together with sing alongs, familiar tunes, and that unmistakable toe-tapping rhythm. In true Oktoberfest spirit, we'll enjoy a warm, welcoming atmosphere inspired by the traditions of Germany's famous fall festival. Expect great music, good company, and all the festive cheer that makes Oktoberfest such a beloved celebration.

Italian Heritage Day Luncheon

Sponsored By: Loggia Glen Cove

Tuesday, October 13th from 12:00pm – 1:00pm

Join us as we celebrate Italian Heritage Day with an afternoon full of music, culture, and delicious food! We'll enjoy live Italian music, welcome special guests, and explore the rich history and traditions of Italy. From its vibrant culture to its unforgettable cuisine, we'll highlight what makes Italian heritage so special. Come enjoy great company, wonderful entertainment, and a taste of Italy!

October Birthday Celebration

Friday, October 16th at 12:45pm

Join us as we celebrate the October birthdays of our beloved

seniors! Enjoy good food, good company, and good fun. Let's make this a memorable occasion filled with laughter and joy. Don't miss out on the festivities!

Garden Club Party

Monday, October 19th at 10:45am

Our Garden Club has spent the past several months transforming our outdoor patio area into a beautiful, thriving space filled with herbs, flowers, and fresh vegetables. Thanks to their dedication and hard work, our members have enjoyed bringing home fresh, home-grown items to share with family and friends throughout the season. To show our appreciation for all their time, care, and creativity, we're hosting a special Garden Club Party! We'll gather to celebrate the season's success with light refreshments, fun games, and group discussions about everything we've grown and learned together.

German Heritage Day Luncheon

Monday, October 19th from 12:00pm – 1:00pm

We invite you to join us for a lively celebration of German Heritage Day! The afternoon will feature authentic German music, special guests, and delicious traditional food. Throughout the event, we'll take a closer look at Germany's rich history and cultural traditions, highlighting the stories and influences that have shaped the country over time. It's sure to be a fun and engaging day filled with great music, good food, and plenty of opportunities to learn something new about German heritage.

Timeless Tunes w/ Joe Stroppel

Wednesday, October 21st at 1:00pm

Get ready for a musical journey through the greatest decades of music! Join us for our Timeless Tunes, featuring the incredible Joe Stroppel performing your favorite hits from the 1950's, 60's, and 70's. Joe brings these unforgettable songs to life with heart, charm, and nostalgia. This lively performance is sure to have everyone tapping their feet, singing along, and enjoying the timeless melodies that shaped generations. Don't miss this wonderful afternoon of music, memories, and fun!

Legends of Swing & Song with Frank Pioneiro

Thursday, October 22nd at 1:00pm

Get ready for an afternoon of timeless music as Frank Pioneiro brings the golden age of swing to life! Join us for a nostalgic journey through the smooth vocals and unforgettable hits made famous by legends such as Frank Sinatra, Dean Martin, Bing Crosby, and many more. Frank's warm style and charming performance will have you humming along to the classics and reliving some of the greatest moments in American music history. It's sure to be a delightful event filled with melody, memories, and that signature swing era flair.

OCTOBER HAPPENINGS AT THE GLEN COVE SENIOR CENTER

Captain Stephens Book Release & Presentation

Monday, October 26th at 1:00pm

We are proud to share the release of *Still Afloat*, the newly published memoir by the late Captain Stephens. His book offers a heartfelt and unforgettable look into his life on the water, filled with the stories, lessons, and spirit that made him so beloved in our community. Though he is no longer with us, his words and experiences continue to inspire and resonate. To honor Captain Stephen's legacy, Maryann will be giving a special presentation about his life and the remarkable journey captured in *Still Afloat*. She will share personal reflections, memorable stories, and insights into the moments that shaped his extraordinary career. We hope you will join us as we celebrate Captain Stephen's life, his book, and the lasting impact he made on all who knew him.

Albert Mulad Violin Performance

Sponsored By: CareFirst Home Solutions

Tuesday, October 27th at 1:00pm

We are delighted to welcome back renowned violinist Albert Mulad for a beautiful afternoon of music. Albert's expressive style and remarkable technique bring every melody to life, creating a performance that is both heartfelt and captivating. He will be sharing a selection of classical favorites, timeless standards, and pieces that highlight the emotional range of the violin. Whether you're a longtime music lover or simply

enjoy a peaceful musical escape, this performance is sure to be a memorable experience.

Theodore Roosevelt on Film Lecture

Wednesday, October 28th at 1:00pm

Join us for a fascinating presentation as film historian and lecturer Glen Andreiev explores how President Theodore Roosevelt has been portrayed on screen throughout the decades. From early newsreels to classic Hollywood films, Roosevelt remains one of the most frequently captured figures in American history – and his dynamic personality has inspired countless interpretations. Glen will guide us through rare footage, memorable film clips, and captivating stories that highlight Roosevelt's larger-than-life presence, his connection to Long Island, and the way cinema has shaped our understanding of him. This engaging program blends history, film, and storytelling, offering a unique look at one of America's most iconic presidents.

Halloween Costume Contest

Friday, October 30th at 12:45pm

Get ready for some spooky fun at our Halloween Costume Contest! We encourage everyone to join in the festivities and show off their most creative, clever, or hilarious costumes. Every participant will receive a prize, and we'll crown one standout costume as our Grand Prize Champion!



A few snapshots from the countless adventures shared by our Glen Cove Senior Center members.



October 2026

Glen Cove Senior Center
130 Glen Street, Glen Cove, NY 11542
516-759-9610

MONDAY	TUESDAY	WEDNESDAY
<u>SENIOR DAY FESTIVAL</u> AT THE GLEN COVE SENIOR CENTER FREE! Saturday, October 24th 11:30am – 2:00pm Join us for a day filled with fun activities, music, food, dancing, and great company!	<u>MARK YOUR CALENDARS:</u> 10/2 – BANJO RASCALS OKTOBERFEST 10/5 – FREE VACCINATIONS 10/9 – SKIN CANCER SCREENINGS 10/13 – ITALIAN HERITAGE LUNCHEON 10/19 – GERMAN HERITAGE LUNCHEON 10/21 – TIMELESS TUNES SHOW 10/22 – LEGENDS OF SWING & SONG 10/27 – ALBERT MULAD PERFORMANCE	<u>TRIPS ON</u> 11/18 – Mary 12/2 – A Chri 12/7 – NY Isl 12/16 – Millio 2/9 – LI Nets 2/24 – All Sho
FREE VACINATIONS 10:00 – 2:00 5 9:05 – Brain Booster Club 9:05 – Crocheting 9:45 – Exercise w/ YMCA 11:00 – Rummikub 11:00 – TECH ASSISTANCE w/ Jessica 1:00 – Bingo, Canasta, Mahjong, & Bridge 1:15 – ZUMBA w/ Nilo 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer 3:00 – 4:00 – BEGINNER & INTER PICKLEBALL Clinic & Open Play Stanco Park Sign-up Required	10:00 – Painting & Drawing w/ Chuck 6 10:15 – WALKING CLUB 11:00 – Trivia 11:00-2:00 – Manicures w/ Ursula 11:00 – Total Body Fitness w/ Marvin 1:00 – Yoga & Pilates w/ Karen 1:00 – Ping Pong 1:00 – MEDICARE & MEDICAID BENEFITS 2:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo	ON YOUR FE 9:05 – Seniorobics w/ 9:05-12:00 – Learn to 10:15 – Stretching & S 10:45 – PEACE EDUCA 11:00 – WOMEN'S CLU 1:00 – Bingo 1:00 – Bridge, Canasta 2:00 – Chair Yoga, To
12 	10:00 – Painting & Drawing 11:00 – Trivia 13 11:00 – Total Body Fitness 11:00-2:00 – Manicures 11:00 – BEREAVEMENT GROUP with COMHPS 11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne 12:00 – ITALIAN HERITAGE DAY LUNCHEON Sponsored By: LOGGIA GLEN COVE 1:00 – Yoga & Pilates w/ Karen 1:00 – MATH IS FUN PART 14 Lecture w/ Frank D 1:00 – Canasta, Mahjong, & Bridge 2:00 – Bingo 2:15 – Ping Pong	CABARET 9:05 – Seniorobics w/ 9:05-12:00 – Learn to 9:05-12:00 – ENHANC 10:15 – Stretching & S 10:45 – PEACE EDUCA 11:00 – WOMEN'S CLU 11:00 – Rummikub Clu 1:00 – Bingo, Bridge, 2:00 – Chair Yoga, To
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9:05 – Brain Booster Club 9:05 – Crocheting 26 9:45 – Exercise w/ YMCA 11:00 – Rummikub 11:00 – CONVERSATION CORNER w/ Jessica 1:00 – CAPTAIN STEPHENS BOOK 1:15 – ZUMBA 1:15 – Bingo, Canasta, Mahjong, & Bridge 1:15 – Food Shopping 2:30 – Tai Chi w/ Spencer 2:30 – 4:00 – PICKLEBALL CLUB TOURNAMENT Stanco Park Sign-up Required	10:00 – Painting & Drawing w/ Chuck 27 10:15 – WALKING CLUB 11:00-2:00 – Manicures 11:00 – Total Body Fitness w/ Marvin 11:00 – Trivia 11:15 – SPANISH ASSISTANCE GROUP w/ Ivonne 1:00 – Yoga & Pilates w/ Karen 1:00 – ALBERT MULAD PERFORMANCE Sponsored By: CAREFIRST HOME SOLUTIONS 2:15 – Bingo, Canasta, Mahjong, Bridge, Ping Pong	9:05 – Seniorobics w/ 9:05 – 9:05-12:00 – L 10:15 – Stretching & S 10:45 – PEACE EDUCA 11:00 – WOMEN'S CLU 1:00 – THEODORE RO 2:00 – Bingo, Canasta 2:00 – Chair Yoga, To



Nassau County Office for the Aging

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging, the U. S. Administration on Aging and the City of Glen Cove

WEDNESDAY	THURSDAY	FRIDAY
SALE NOW: Poppins Musical Christmas Carol Band Game One Dollar Quartet Basketball Game Book Up Musical	SAGE GOLF OUTING & DINNER 1 9:05 – Crocheting w/ Friends 10:15 – Card & Board Games 10:30 – CC Board Meeting 10:45 – CHORAL CLUB w/ Andrea & Bob 11:00 – Exercise w/ YMCA 11:00-2:00 – Manicures w/ Ursula 1:00 – Canasta & Mahjong 1:15 – Food Shopping	9:05 – Seniorobics w/ Fran 2 9:05 – Crocheting w/ Friends 10:30 – SITE COUNCIL MEETING 11:00 – BOOK CLUB 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 1:00 – BANJO RASCALS OKTOBERFEST SHOW 1:15 – Line Dancing 2:00 – Bingo, Canasta, & Bridge 2:30 – Tai Chi w/ Spencer
LET MUSICAL TRIP 7 / Fran o Crochet w/ Kate trength Training w/ Nick TION PROGRAM UB 11:00 – Rummikub Club a, & Mahjong ning, & Balance w/ Nilo	9:00 – WALK WITH A DOC Garvies Point 8 10:45 – CHORAL CLUB w/ Andrea & Bob 11:00 – Exercise YMCA 11:00-2:00 – Manicures 11:00 – American Legion Meeting 1:00 – LILA 1:00 – ART EXPRESSION WORKSHOP w/ Ivonne 1:15 – BEAT AT YOUR OWN DRUM Workout 1:00 – Canasta & Mahjong 1:15 – Food Shopping 2:00 – Billiards Club	OKTOBERFEST TRIP 9 9:05 – Seniorobics w/ Fran 9:05 – Crocheting w/ Friends 10:00-2:00 – SKIN CANCER SCREENINGS ~~11:00 – Rummikub Club~~ 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 1:00 – Bingo 1:00 – Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
MUSICAL TRIP 14 / Fran o Crochet w/ Kate CE VISIT NORTHWELL trength Training w/ Nick TION PROGRAM UB b Canasta, & Mahjong ning & Balance w/ Nilo	9:30 – 12:00 – SNAP By Appointment 15 9:05 – Crocheting w/ Friends 10:15 – Card & Board Games 10:30 – CC Board Meeting 10:45 – CHORAL CLUB w/ Andrea & Bob 11:00 – Exercise YMCA 11:00-2:00 – Manicures w/ Ursula 1:00 – Canasta & Mahjong 1:15 – Food Shopping	9:05 – Seniorobics w/ Fran 16 10:00-11:30 – SEWING CLUB w/ Stephanie 11:00 – Trivia 11:00 – Rummikub Club 11:00 – Stretching & Meditation w/ Nick 12:45 – OCTOBER BIRTHDAY'S CELEBRATION 1:15 – PAINT PARTY w/ Alicia 1:15 – Bingo, Canasta & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
/ Fran 21 o Crochet w/ Kate trength Training w/ Nick TION PROGRAM UB b ES w/ Joe Stroppel a, Mahjong, & Bridge ning, & Balance w/ Nilo	9:05 – Crocheting w/ Friends 22 11:00 – Exercise YMCA 11:00-2:00 – Manicures 10:00 – INTERACTIVE LIVE TOUR: SWEDEN 11:00 – ENHANCE WORKSHOP W/ NORTHWELL 1:00 – LEGENDS OF SWING & SONG w/ Frank P 1:15 – Food Shopping 2:00 – Canasta & Mahjong 2:00 – Billiards Club 3:00 – 4:00 – BEGINNER & INTER PICKLEBALL Clinic & Open Play Stanco Park Sign-up Required	9:05 – Seniorobics w/ Fran 23 9:05 – Crocheting w/ Friends 10:00-11:30 – SEWING CLUB w/ Stephanie 11:00 – Rummikub Club 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 1:00 – FREE BINGO w/ PRIZES Sponsor: GLENGARIFF REHAB HEALTHCARE 1:00 – Canasta, & Bridge 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer
/ Fran 28 earn to Crochet w/ Kate trength Training w/ Nick TION PROGRAM UB 11:00 – Rummikub Club DOOSEVELT ON FILM Lecture a, Mahjong, & Bridge ning, & Balance w/ Nilo	9:05 – Crocheting w/ Friends 29 10:15 – Card & Board Games 10:30 – ARTS & CRAFTS CLUB w/ Marjorie 11:00 – Exercise YMCA 11:00-2:00 – Manicures w/ Ursula 1:00 – Canasta & Mahjong 1:00 – MOVIE 1:15 – Food Shopping 2:00 – Billiards Club	9:05 – Seniorobics w/ Fran 30 9:05 – Crocheting w/ Friends 11:00 – Trivia 11:00 – Stretching & Meditation w/ Nick 12:45 – HALLOWEEN COSTUME CONTEST 1:00 – Canasta & Bridge 1:15 – FREE HALLOWEEN BINGO w/ BIG PRIZES Sponsored By: HOWARD GURSKY INSURANCE 1:15 – Line Dancing 2:30 – Tai Chi w/ Spencer

OCTOBER HAPPENINGS AT THE GLEN COVE ADULT DAY PROGRAM

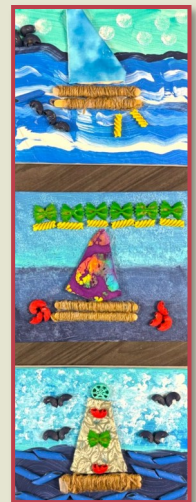
Autumn greetings from The Glen Cove Adult Day Program! The Fall season allows us to enjoy apples, pumpkins, and other treats in our cozy environment. We wish all our Libra and Scorpio friends Happy Birthdays this month! While those in the United States generally refer to this time of year as "Fall," people in Great Britain prefer the term "Autumn." The expression for this time of year had been "harvest" until the 16th century, which is when other phrases arose. Fall was known as "harvest" because the harvest moon takes place during this time, and it was an important factor in having a prosperous harvest since it provided light before electricity. There are several notable observances this month, including Indigenous Peoples' Day/Columbus Day, German-American Heritage Month (with Oktoberfest!), International Coffee Day, World Smile Day, and National Apple Month. October is synonymous with Halloween, so in addition to many special fall crafts and activities, we will be having our annual in-house costume party and live music performance! We also look forward to an Oktoberfest performance and celebration. The Adult Day Program will enjoy a variety of fun Fall activities this month!

ADP collaborates with many local organizations, agencies, and colleges to enhance our programming. Our weekly American Sign Language class is an educational opportunity brought to us by our friends at the Mill Neck Manor School for the Deaf. We hold our *"Recall & Reminiscence Therapy"* group monthly, which is led by our Speech Therapist professor friends Linda and Gail from LIU Post. We have Music Therapy, and we will also have an Art and Theater workshop to creatively express ourselves and reduce stress. We have a great time doing gardening projects and learning about different plants, herbs, and flowers during our Horticulture Therapy program. ADP hosts artistic virtual programming that is brought to us through the Long Island Museum in Stony Brook, which is titled *"In the Moment."* This art-viewing and art-making program allows us to create our own work after exploring the museum's exhibits. Laura Lynch, the former director of the Nassau County Museum of Art, will host an art presentation and discussion titled *"ArtTalk."* We continue our monthly socialization activity, called *"Sip & Socialize,"* brought to us by Pam Kiperman from Sunrise of Glen Cove and Judith Rivera from CareFirst Home Solutions. We will enjoy another session of the film reminiscence program brought to us by Marcy Rhodes titled *"Making Memories at the Movies."* We regularly work on maintaining our physical health through Zumba, Tai Chi, Mind & Body Movement, Strength Training, Aerobics, and our Balance, Strength, & Fitness classes. The Glen Cove Adult Day Program offers a variety of programming to create a stimulating and entertaining environment for older adults.

The Glen Cove Adult Day Program is pleased to host our own Caregiver Support Group for the families of our program, which is facilitated by FCA. Please reach out to Amanda for the October date, and to let her know if you plan on attending this intimate and comfortable group where you can feel safe to share.

Please feel free to call or email Amanda with any questions at afreeman@glencoveny.gov.

Looking forward to seeing you soon! - Amanda, Melanie, and the entire team in ADP



As summer gently gives way to fall, participants in the adult day program move through the season with creativity, connection, and joy. In every creation, there is purpose. In every smile, there is community



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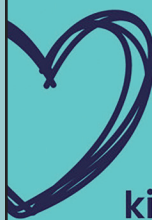
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LUNCH MENU OCTOBER 2026

FOR RESERVATIONS PLEASE CALL (516) 676-6182

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FOR LUNCH RESERVATIONS AND/OR BUS TRANSPORTATION PLEASE CALL (516) 676-6182 * SOUP & DESSERT COMES WITH BOTH MEALS	PLEASE NOTE: IN ORDER TO RESERVE THE MEAL YOU DESIRE LUNCH RESERVATIONS MUST BE MADE BY NOON AT LEAST TWO BUSINESS DAY PRIOR TO THE DAY YOU ARE COMING IN THANK YOU		1 CHICKEN NOODLE SOUP* POT ROAST W/ GRAVY MASHED POTATOES BROCCOLI ROLL BANANA* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD BROCCOLI SALAD	2 LENTIL SOUP* CHICKEN CORDON BLEU (HAM & CHEESE) ROASTED POTATOES VEGETABLE BLEND ITALIAN BREAD ICE CREAM* OR EGG SALAD ON WHEAT W/ L & T COLESLAW
5 SPLIT PEA SOUP* CHICKEN PICATTA RICE PILAF GREEN BEANS WHEAT BREAD PUDDING* OR SEAFOOD SALAD IN A TORTILLA W/ L & T 3 BEAN SALAD	6 MINSTRONE SOUP* BEEF TACO W/ LETTUCE, TOMATOES & CHEESE ON A TORTILLA MEXICAN RICE & BEANS CRACKERS BANANA* OR SLICED TURKEY AND SWISS ON RYE W/ L & T & MAYO POTATO SALAD	7 LENTIL SOUP* STUFFED SHELLS W/ MARINARA SAUCE SPINACH MIXED SALAD ITALIAN BREAD PEAR HALVES* OR TUNA SALAD ON RYE W/ L & T MIXED SALAD	8 TOMATO RICE SOUP* SAUSAGE & PEPPERS W/ MARINARA SAUCE ROASTED POTATOES BROCCOLI WHEAT BREAD JELLO W/ FRUIT* OR CHICKEN SALAD IN A TORTILLA W/ L & T VEGGIE SALAD	9 VEGETABLE BARLEY SOUP* SPAGHETTI W/ MEATBALLS ITALIAN VEGETABLES ROLL PEACH HALVES* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD MACARONI SALAD
12 WE WILL BE CLOSED ON 	13 MINSTRONE SOUP* CHICKEN PARMIGIANA PENNE PASTA W/ MARINARA SAUCE SPINACH ITALIAN BREAD CANNOLI* OR SEAFOOD SALAD IN A TORTILLA W/ L & T PASTA SALAD	14 CREAM OF BROCCOLI SOUP* SLOPPY JOE'S ON A BUN FRENCH FRIES COLESLAW CRACKERS PUDDING* OR SLICED TURKEY AND SWISS ON RYE W/ L & T & MAYO COLESLAW	15 BUTTERNUT SQUASH-SOUP* ROAST TURKEY W/ GRAVY SWEET POTATOES VEGETABLE BLEND RYE BREAD PUDDING* OR TUNA SALAD ON RYE W/ L & T TOMATO & CUCUMBER SALAD	16 POTATO CHOWDER SOUP* MEATLOAF W/ GRAVY MASHED POTATOES CARROTS WHEAT BREAD BIRTHDAY CAKE* OR CHICKEN SALAD IN A TORTILLA W/ L & T POTATO SALAD
19 POTATO CHOWDER SOUP* SAUERBRATEN W/ GRAVY BOILED RED POTATOES RED CABBAGE RYE BREAD APPLE CRUMB COBBLER* OR CHICKEN SALAD IN A TORTILLA W/ L & T COLESLAW	20 CREAM OF MUSHROOM-SOUP* BREADED FISH W/ TARTAR SAUCE ROASTED POTATOES PEAS & CARROTS WHEAT BREAD ORANGES* OR HAM & CHEESE ON RYE W/ L&T & MUSTARD PEA SALAD	21 LENTIL SOUP* CHICKEN TOPPED W/ MOZZARELLA & SPINACH IN A MARSALA SAUCE MASHED POTATOES CARROTS, ROLL PUDDING* OR SEAFOOD SALAD IN A TORTILLA W/ L & T MACCARONI SALAD	22 TOMATO RICE SOUP* SWEDISH MEATBALLS W/ GRAVY OVER NOODLES BROCCOLI WHEAT BREAD BANANA* OR EGG SALAD ON WHEAT W/ L & T BROCCOLI SALAD	23 MINSTRONE SOUP* CHICKEN FRANCAISE MASHED POTATOES PEAS & CARROTS ITALIAN BREAD JELLO W/ FRUIT* OR TUNA SALAD ON RYE W/ L & T PASTA SALAD
26 SPLIT PEA SOUP* LOIN OF PORK W/ GRAVY MASHED POTATOES BEETS WHEAT BREAD APPLESAUCE* OR TUNA SALAD ON RYE W/ L & T BEET SALAD	27 BROCCOLI CHEDDAR SOUP* SPINACH LASAGNA W/ A LIGHT CREAM SAUCE MIXED VEGETABLES ITALIAN BREAD PUDDING* OR CHICKEN SALAD IN A TORTILLA W/ L & T VEGGIE SALAD	28 BEEF BARLEY SOUP* CHICKEN MARSALA RICE PILAF PEAS & CARROTS WHEAT BREAD FRESH BAKED COOKIES* OR EGG SALAD ON WHEAT W/ L & T PEA SALAD	29 CHICKEN NOODLE SOUP* POT ROAST W/ GRAVY MASHED POTATOES GREEN BEANS ROLL ICE CREAM* OR SEAFOOD SALAD IN A TORTILLA W/ L & T 3 BEAN SALAD	30 BUTTERNUT SQUASH-SOUP* CHILLI W/ BEEF & BEANS BROWN RICE BROCCOLI WHEAT BREAD GRAVEYARD CAKE* OR SLICED TURKEY AND SWISS ON RYE W/ L & T & MAYO BROCCOLI SALAD