November 2026 Menu

Nassau County Office for the Aging

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

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

City of Glen Cove Mayor – Pamela D. Panzenbeck *Glen Cove Senior Center Executive Director – Christine Rice* *Site Manager – Jacqueline Tecce* *Activities Coordinator – Eric Shuman*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Noodle Soup, Pot Roast with Gravy, Mashed Potatoes, Broccoli, Wheat Bread, Pear Halves OR Chicken Noodle Soup, Egg Salad on Wheat with L&T, Potato Salad, Pear Halves	**3** **THE SENIOR CENTER IS CLOSED** 	**4** Cream of Broccoli Soup, Stuffed Shells with Marinara Sauce, Spinach, Mixed Salad, Rye Bread, Jello OR Cream of Broccoli Soup, Chicken Salad in a Tortilla with L&T, Mixed Salad, Jello	**5** Potato Chowder Soup, Swedish Meatballs with Gravy, Noodles, Mixed Vegetables, Wheat Bread, Mixed Fruit OR Potato Chowder Soup, Thin Sliced Turkey & Swiss on Rye with L&T & Mayo, Cole Slaw, Mixed Fruit	**6** Minestrone Soup, Chicken Picatta, Rice Pilaf, Green Beans, Italian Bread, Pudding OR Minestrone Soup, Seafood Salad in a Tortilla with L&T, 3 Bean Salad, Pudding
9 Chicken Noodle Soup, Breaded Fish with Tartar Sauce, Roasted Potatoes, Peas & Carrots, Wheat Bread, Blueberry Crumb OR Chicken Noodle Soup, Thin Sliced Ham & Cheese on Rye with L&T & Mustard, Pea Salad, Blueberry Crumb	**10** Vegetable Soup, Beef Taco with Shredded Lettuce, Tomatoes & Cheese on a Tortilla, Mexican Rice & Beans, Crackers, Banana OR Vegetable Soup, Seafood Salad in a Tortilla with L&T, Tomato & Cucumber Salad, Banana	**11** **THE SENIOR CENTER IS CLOSED** 	**12** Tomato Rice Soup, Jumbo Ravioli with Meat Sauce, Mixed Vegetables, Wheat Bread, Jello OR Tomato Rice Soup, Chicken Salad in a Tortilla with L&T, Potato Salad, Jello	**13** White Bean Soup, Spaghetti & Meatballs. Italian Blend Vegetables, Italian Bread, Mixed Fruit OR White Bean Soup, Tuna Salad on Rye with L&T, Macaroni Salad, Mixed Fruit
16 Potato Chowder Soup, Chicken Fricassee, Broad Noodles, Vegetable Medley, Wheat Bread, Jello OR Potato Chowder Soup, Tuna Salad on Rye with L&T, Cole Slaw, Jello	**17** Vegetable Soup, Sausage & Peppers with Marinara on a Hero, Roasted Potatoes, Broccoli, Crackers, Peach Crumb OR Vegetable Soup, Thin Sliced Turkey & Swiss on Rye with L&T & Mayo, Broccoli Salad, Peach Crumb	**18** Lentil Soup, Chicken Topped with Mozzarella & Spinach in a Marsala Sauce, Mashed Potatoes, Carrots, Italian Bread, Pudding OR Lentil Soup, Seafood Salad in a Tortilla with L&T, Mixed Salad, Pudding	**19** Split Pea Soup, Loin of Pork with Gravy, Mashed Potatoes, Beets, Wheat Bread, Applesauce OR Split Pea Soup, Egg Salad on Wheat with L&T, Beet Salad, Applesauce	**20** Chicken Noodles Soup, Meatloaf with Gravy, Mashed Potatoes, Peas & Carrots, Rye Bread, Birthday Cake OR Chciken Noodle Soup, Chicken Salad in a Tortilla with L&T, Potato Salad, Birthday Cake
23 Juice, Roast Turkey with Gravy, Stuffing & Cranberry Sauce, Mashed Sweet Potatoes, Green Beans, Rye Bread, Apple Crumb Or Juice, Seafood Salad in a Tortilla with L&T, 3 Bean Salad, Apple Crumb	**24** Tomato Rice Soup, Sloppy Joes on a Bun, French Fries, Cole Slaw, Crackers, Banana Or Tomato Rice Soup, Egg Salad on Wheat with L&T, Cole Slaw, Banana	**25** Beef Barley Soup, 3 Cheese Lasagna Roll-Ups, Italian Blend Vegetables, Wheat Bread, Peach Halves OR Beef Barley Soup, Thin Sliced Ham & Cheese on Rye with L&T & Mustard, Potato Salad, Peach Halves	**26** **THE SENIOR CENTER IS CLOSED** 	**27** **THE SENIOR CENTER IS CLOSED** 
30 Corn Chowder Soup, Chicken with Tomato & Basil Sauce, Bowtie Pasta, Mixed Vegetables, Wheat Bread, Jello OR Corn Chowder Soup, Egg Salad on Wheat with L&T, Veggie Salad, Jello	**Suggested LUNCH contributions** **$3.00 for seniors** **Guest under 60** **pay full cost of $5.70**	**Suggested BUS contributions** **$1.00 each way/Trip**	**PLEASE NOTE:** IN ORDER TO RESERVE THE MEAL YOU DESIRE LUNCH RESERVATIONS MUST BE MADE BY NOON AT LEAST *TWO BUSINESS DAYS* PRIOR TO THE DAY YOU WILL BE COMING IN THANK YOU	FOR LUNCH RESERVATIONS AND/OR BUS TRANSPORTATION PLEASE CALL 516-676-6182