

**Please CIRCLE what you want to order and hand back in or you will not be able to join us for lunch that day**

**New Horizons SCSC  
November 2023 Menu**  
**Location: New Horizons SCSC**

**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 and the U. S. Administration on Aging

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NAME:</b>		1 Pork Loin <b>Side:</b> Potatoes and Cauliflower  <b>Alt:</b> Tuna Salad <b>Side:</b> Coleslaw	2 Vegetable Lasagna <b>Side:</b> Salad  <b>Alt:</b> Chicken Salad <b>Side:</b> Salad	3 Roasted Chicken on a Bone <b>Side:</b> Potatoes and Broccoli  <b>Alt:</b> Seafood Salad <b>Side:</b> Broccoli Salad
6 Chicken Caesar Salad <b>Side:</b> Potato Salad  <b>Alt:</b> Egg Salad <b>Side:</b> Potato Salad	7 <b>To Be Announced</b>	8 Salisbury Steak <b>Side:</b> Mashed potatoes, Peas & Carrots  <b>Alt:</b> Tuna Salad <b>Side:</b> Pea Salad	9 Chicken Francaise <b>Side:</b> Brown Rice & Green Beans  <b>Alt:</b> Seafood Salad <b>Side:</b> Green Bean Salad	10 <b>To Be Announced</b>
13 Bean & Vegetable Stew <b>Side:</b> Brown Rice and Broccoli  <b>Alt:</b> Chicken Salad <b>Side:</b> Broccoli Bean	14 Roast Chicken on a Bone <b>Side:</b> Potatoes and Green Beans  <b>Alt:</b> DIY PB & Jelly <b>Side:</b> Green Bean Salad	15 Meatloaf w/ Gravy <b>Side:</b> Mashed Potatoes, Peas & Carrots  <b>Alt:</b> Seafood Salad <b>Side:</b> Pea Salad	19 Sausage, Peppers and Onions <b>Side:</b> Vegetables  <b>Alt:</b> Egg Salad <b>Side:</b> Potato Salad	17 Stuffed Shells <b>Side:</b> Vegetables  <b>Alt:</b> Tuna Salad <b>Side:</b> Three Bean
20 Thanksgiving Meal  <b>Alt:</b> Seafood Salad <b>Side:</b> Green Bean Salad	21 Hamburger <b>Side:</b> Fries and Vegetables.  <b>Alt:</b> Chicken Salad <b>Side:</b> Fries	22 Breaded Fish <b>Side:</b> Potatoes and Broccoli  <b>Alt:</b> Egg Salad <b>Side:</b> Broccoli	<b>23</b> <b>Closed for Thanksgiving</b>	<b>24</b> <b>Closed</b>
27 Penne ala Vodka w. Grilled Chicken <b>Side:</b> Vegetables  <b>Alt:</b> Tuna Salad <b>Side:</b> Three Bean	28 Frittata w. Spinach, Potatoes and Cheese <b>Side:</b> Brown Rice and Green Beans  <b>Alt:</b> Seafood Salad <b>Side:</b> Potato Salad	29 Veggie Burger <b>Side:</b> Fries and Cauliflower  <b>Alt:</b> Chicken Salad <b>Side:</b> Fries	30 Chicken Stew <b>Side:</b> Brown Rice and Broccoli  <b>Alt:</b> Tuna Salad <b>Side:</b> Broccoli	

**Serving Sizes**

**Meat or Alternative 3 oz. Cooked Edible Protein**

**Vegetables and Fruits 2 – ½ 2 cup Servings Vitamin C Daily**

**Milk ½ Pint**

**\*Kosher Available Upon Request**