











-MONDAY-	-TUESDAY-	-WEDNESDAY-	-THURSDAY-	-FRIDAY-
<b>1 BBQ Pork Loin</b> <b>9:00</b> Rummikub <b>11:00</b> BINGO	<b>2 Potato Crusted Cod</b> <b>9:00</b> Rummikub <b>10:00</b> SCOFA Advocate <b>10:30</b> Chair Yoga w/ Beth	<b>3 Spaghetti &amp; Meatballs</b> <b>9:00</b> Open Table Games <b>10:00</b> Exercise w/ Larry	<b>4 Grilled Chicken</b> <b>9:00</b> Rummikub <b>10:30</b> Coffee & Conversation	<b>5 Chicken Tenders</b> <b>9:00</b> Open Table Games <b>11:00</b> BINGO
<b>8 Boneless Chicken Cacciatore</b> <b>9:00</b> Rummikub <b>11:00</b> BINGO	<b>9 Brown Sugar Glazed Ham</b> <b>9:00</b> Rummikub <b>10:30</b> Chair Yoga w/ Beth  ----- <b>Word Search</b> 	<b>10 Meat Lasagna</b> <b>9:00</b> Open Table Games <b>10:00</b> Exercise w/ Larry	<b>11 Seafood Salad</b> <b>9:00</b> Rummikub <b>10:30</b> Coffee & Conversation	<b>12 Roast Pork</b> <b>9:00</b> Open Table Games <b>11:00</b> BINGO 
<b>15 Chicken Burger</b> <b>9:00</b> Rummikub <b>11:00</b> BINGO 	<b>16 Grilled Flank Steak</b> <b>9:00</b> Rummikub <b>10:30</b> Chair Yoga w/ Beth 	<b>17 Sweet &amp; Sour Chicken</b> <b>9:00</b> Open Table Games <b>10:00</b> Exercise w/ Larry  ----- <b>Word Search</b> 	<b>18 Stuffed Sole</b> <b>9:00</b> Rummikub <b>10:30</b> Coffee & Conversation 	<b>19 Cheese Stuffed Shells w/ Carbonara Sauce</b> <b>9:00</b> Open Table Games <b>10:30</b> Tribute to Coco Channel <b>11:00</b> BINGO
<b>22 Beef Stroganoff</b> <b>9:00</b> Rummikub <b>11:00</b> BINGO  ----- <b>Word Search</b> 	<b>23 Eggplant Parm</b> <b>9:00</b> Rummikub <b>10:30</b> Chair Yoga w/ Beth	<b>24 Crab Cakes</b> <b>9:00</b> Open Table Games <b>10:00</b> Exercise w/ Larry	<b>25 Chef Salad</b> <b>9:00</b> Rummikub <b>10:30</b> Coffee & Conversation	<b>26 Bangers &amp; Mash</b> <b>9:00</b> Open Table Games <b>11:00</b> Sing-Along w/ Nancy  ----- <b>August Birthday Celebrations</b> 
<b>29 BBQ Pork Loin</b> <b>9:00</b> Rummikub <b>11:00</b> BINGO 	<b>30 Potato Crusted Cod</b> <b>9:00</b> Rummikub <b>9:45</b> Bus departs for the Hampton Classic (pre registration required)  <b>10:30</b> Chair Yoga w/ Beth	<b>31 Spaghetti &amp; Meatballs</b> <b>9:00</b> Open Table Games <b>10:00</b> Exercise w/ Larry	<b><u>VIRTUAL SUPPORT GROUPS:</u></b>  <b><u>Grandparents Raising Grandkids</u></b> Every Wednesday 1-2:30pm  <b><u>Adult Children Of Aging Parents</u></b> 3 <sup>rd</sup> Wednesday of the Month 7-8:30pm  <b><u>Caregivers Group</u></b> Every Monday 1-2:30pm Call 631-728-1235 for more information	



**AUGUST 2022 CONGREGATE MEAL MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> BBQ Pork Loin – Roasted Cauliflower – Mac ‘n Cheese – Apple Juice – Corn Bread – Fresh Grapes & Milk	<b>2</b> Potato Crusted Codfish over Rice – Asparagus – Apple Juice – Roasted Yellow Squash – Wheat Bread – Rice Pudding & Milk	<b>3</b> Spaghetti ‘n Meatballs – Fresh Broccoli – Grape Juice – Capri Blend Vegetables – Italian Bread – Lemon Pound Cake & Milk	<b>4</b> Grilled Chicken, Blueberries, Walnuts & Feta w/Spinach and Tomatoes – Kale Slaw – Potato Salad – Rye Bread – Nectarine & Milk	<b>5</b> Fried Chicken Tenders w/Honey Mustard – Roasted Squash w/Tomatoes – Orange Juice – Sweet Potato – Dinner Roll – Melon Salad & Milk
<b>8</b> Boneless Chicken Cacciatore – Fresh Broccoli – Cranberry Juice – Yellow Beans – Noodles – Dinner Roll – Chocolate Chip Cookies & Milk	<b>9</b> Brown Sugar Glazed Ham – Green Beans w/Garlic & Tomatoes – Orange Juice – Corn – Dinner Roll – Sliced Pears & Milk	<b>10</b> Meat Lasagna – Roasted Fennel – Steamed Carrots – Orange Juice – Italian Bread – Vanilla Pudding w/Sprinkle & Milk	<b>11</b> Seafood Salad over Mixed Greens w/Tomatoes – Fresh Coleslaw – Couscous Salad – Multigrain Bread – Fresh Orange & Milk	<b>12</b> Roast Pork w/Pepper Corn Sauce – Cauliflower au Gratin – Steamed Red Potatoes – Orange Juice – Wheat Roll – Strawberry Applesauce & Milk
<b>15</b> Chicken Burger w/Swiss Cheese – Braised Chard w/Garlic & Oil – Orange Juice – Wheat Roll – Apple Crisp & Milk	<b>16</b> Grilled Flank Steak over Arugula w/Tomatoes – Carrot Salad – Black Bean Corn Salad – French Roll – Fresh Grapes & Milk	<b>17</b> Sweet ‘n Sour Chicken – Fresh Broccoli – Pineapple Juice – Yellow Beans – White Rice – Sourdough Bread – Orange Cake & Milk	<b>18</b> Stuffed Sole – Garlic Spinach – Apple Juice – Sweet Potato – French Roll – Fresh Pear & Milk	<b>19</b> Cheese Stuffed Shells w/Carbonara Sauce – Escarole w/White Beans – Roasted Zucchini – Dinner Roll – Pineapple Chunks & Milk
<b>22</b> Beef Stroganoff – Asparagus – Mixed Vegetables – Egg Noodles – Wheat Bread – Apple Turnover & Milk	<b>23</b> Eggplant Parmesan – Normandy Blend Vegetables – Orange Juice – Bow Tie Pasta – Italian Bread – Fresh Watermelon & Milk	<b>24</b> Crab Cake w/Remoulade – Garlic Spinach – Carrots – Wild Rice – Wheat Bread – Fresh Pear & Milk	<b>25</b> Chef Salad over Romaine – Broccoli Slaw – Macaroni Salad – Assorted Roll – Fresh Cut Fruit & Milk	<b>26</b> Banger and Mash (Pork & Sage Sausage) w/Mushroom Gravy – Yellow Beans – Green Peas – Mashed Potatoes – Dinner Roll – Fresh Plum & Milk
<b>29</b> BBQ Pork Loin – Roasted Cauliflower – Mac ‘n Cheese – Apple Juice – Corn Bread – Fresh Grapes & Milk	<b>30</b> Potato Crusted Codfish over Rice – Asparagus – Apple Juice – Roasted Yellow Squash – Wheat Bread – Rice Pudding & Milk	<b>31</b> Spaghetti ‘n Meatballs – Fresh Broccoli – Grape Juice – Capri Blend Vegetables – Italian Bread – Lemon Pound Cake & Milk	<b>Sept. 1</b> Grilled Chicken, Blueberries, Walnuts & Feta w/Spinach and Tomatoes – Kale Slaw – Potato Salad – Rye Bread – Nectarine & Milk	<b>Sept. 2</b> Fried Chicken Tenders w/Honey Mustard – Roasted Squash w/Tomatoes – Orange Juice – Sweet Potato – Dinner Roll – Melon Salad & Milk

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Please inform Center staff if you have a food allergy

**PRE-REGISTRATION REQUIRED A DAY IN ADVANCE.**

Advise staff of alternate choice when making reservation

**GRAB ‘N GO MEALS – PRE-REGISTRATION REQUIRED**

Alternative Entrée:

**NOT AVAILABLE FOR GRAB ‘N GO**

**Week of Aug.1 & 29**

**Week of Aug. 8**

**Week of Aug. 15**

**Week of Aug. 22**

**Hot:** Pizza Slice

**Hot:** Spanish Omelet

**Hot:** Fish Sandwich on Roll

**Hot:** Grilled Cheese

**Cold:** BLT Salad

**Cold:** Egg Salad Plate

**Cold:** Prosciutto, Cheese, Fruit Plate

**Cold:** Caprese Salad