

Menu for November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Spaghetti Casserole Tossed Salad with Dressing Whole Wheat Bread Apple and Milk Alternate: Egg Salad	4 Kasha Knish and Hummus Chickpea Salad Israeli Salad Whole Wheat Bread Orange and Milk Alternate: Breaded Pollack *Cookie	5 Stuffed Cabbage with Beef in Tomato Sauce Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Kiwis and Milk Alternate: Tuna Salad	6 Baked Breaded Pollack Beet Salad Yellow Rice Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey	7 Hawaiian Chicken Capri Blend Vegetables Roasted Sweet Potato Slices Challah Bread Applesauce and Milk Alternate: Omelet
10 Chicken Marsala Steamed Broccoli White Rice Whole Wheat Bread Apple and Milk Alternate: Tuna Salad	11 Vegetarian Moussaka Tossed Salad with Dressing Whole Wheat Bread Orange and Milk Alternate: Breaded Pollack *Birthday Cake	12 Beef Meatballs/ Tomato Sauce Spaghetti Spinach Souffle Whole Wheat Bread Kiwis and Milk Alternate: Egg Salad	13 Baked Salmon Vegetable Mix Homemade Mashed Potatoes Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey	14 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Egg Salad
17 Sliced Turkey Breast with Gravy Steamed Green Beans Mashed Sweet Potatoes Cranberry Sauce Whole Wheat Bread Apple and Milk Alternate: Breaded Pollack	18 Shepherd's Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Orange and Milk Alternate: Egg Salad	19 Baked Breaded Pollack Tartar Sauce Cucumber Salad Rice A Roni Whole Wheat Bread Kiwis and Milk Alternate: Sliced Turkey	20 Eggplant Tofu Rollatini Green Bean Salad Pasta Garlic Bread Pear and Milk Alternate: Omelet *Cookie	21 Cranberry Chicken Zucchini Provencal Sweet Noodle Kugel Challah Bread Applesauce and Milk Alternate: Tuna Salad
24 Chinese Style Pepper Steak Steamed Broccoli Vegetable Lomein Whole Wheat Bread Apple and Milk Alternate: Egg Salad	25 Thanksgiving Luncheon W/ Entertainment by CARL MARMO	26 Salmon Cake/ Dill Lemon Sauce Cucumber Dill Salad Couscous Whole Wheat Bread Kiwis and Milk Alternate: Sliced Turkey Center closes at 2 PM	27 	28 
GLATT KOSHER				



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 8:30- 11:00 (M3) Leisure Games 11:00- 12:00 (M3) Current Events 11:00- 12:00 (Ballroom) Staywell Exercise	8:30- 9:30 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 9:30- 11:00 (Ballroom) Chinese Culture Group Dancing 10:00- 12:00 (M4) Oil Painting 10:45- 12:15 (M3) Blood Pressure Screening 11:00- 12:00 (M2) Interesting and Informative Discussion 11: 00 AM (Crystal Room)	11/26 Early Closure at 2pm 8:30- 9:45 (M4) Ping Pong 8:30- 12:00 (M3) Leisure Games 10:00- 11:00 (Computer Lab) Today's Technology 10:00-12:00 (M4) Chinese Culture Group Singing 11:00- 12:00 (Computer Lab) Surfing the Internet 11: 00 AM (Crystal Room) *11/05 Nutrition Education by Amelia Jalandoni	11/27 Center Closed 8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 10:30- 12:00 (M2) English for Chinese 10:45- 12:15 (M3) Blood Pressure Screening (Every 1st & 3rd week) 11: 00 AM (Crystal Room) *11/6 Elder Abuse Workshop *11/13 Medicare AEP workshop by Sam Chen	11/28 Center Closed 8:30- 10:45 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 11:00- 12:00 (M4) Bingo
LUNCH BREAK				
12:30- 3:45 (M4) Ping Pong 1:00- 2:00 (Computer Lab) 1:30- 2:30 (Ballroom) Zumba Gold 3:00- 3:45 (M3) Leisure Games	12:30- 3:00 (M4) Drawing 1:00- 3:30 (Computer Lab) 1:00- 3:45 (M3) Arts & Crafts (Jewelry) 1:00- 2:00 (M2) Drama Group 1:30- 2:30 (Crystal Room) Tai Chi	1: 15 PM (Crystal Room) *11/19 Melodians Performance 12:30- 3:45 (M4) Ping Pong 12:30- 3:30 (M3) Leisure Games 1:00- 3:30 (Computer Lab) 1:30- 2:30 (Ballroom) Yoga	12:30- 3:45 (M4) Ping Pong 12:30- 2:30 (M3) Melodians Rehearsal 1:00- 3:30 (Computer Lab) 1:00- 3:45 (M2) Arts & Crafts (Needlepoint) 1:30- 2:30 (Ballroom) Line Dancing	1:00- 3:45 (M4) Ping Pong 1:30- 2:30 (Ballroom) Yoga 1:00- 2:30 (Computer Lab) 1:00-2:30 (M3) Chinese Culture Group Advanced Singing Entertainment (1:15-2:15 PM, Crystal Room) *11/7 Juan Ortega * 11/14 Tony Gap * 11/21 JJ Burton