



Austin Street Older Adult Center, 106-06 Queens Boulevard, Forest Hills, NY 11375. Tel: 718-520-8197

Menu for October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GLATT KOSHER			1 Hawaiian Chicken Whole Wheat Bread Potato Souffle Steamed Carrots Banana	2 Baked Salmon Yellow Rice Vegetable Medley Watermelon Marble Cake
5 Individual Chicken Pot Pie Whole Wheat Bread Tossed Salad w/ Chickpeas Applesauce	6 Sweet & Sour Beef Meatballs Toasted Acini de Pepe w/ Onions Whole Wheat Bread Spinach Souffle Watermelon	7 Lentil Stew w/ Carrots & Turnips Brown Rice Whole Wheat Bread Steamed Broccoli Orange Cookie	8 Roasted Chicken Rice Pilaf Whole Wheat Bread Vegetable Mix Banana	9 Teriyaki Baked Fish Springtime Fried Brown Rice Challah Bread Steamed Green Beans Pear
12 Chicken (Breast) Cacciatore Mashed Red Potatoes Whole Wheat Bread Green Beans with Garlic Orange	13 Whole Wheat Bean Burrito Brown Rice Whole Wheat Bread Tossed Salad with Dressing Watermelon Cookie	14 Baked Breaded Chicken Cutlet Pasta Primavera Salad Whole Wheat Bread Health Slaw Applesauce	15 Baked Salmon Plain Pita Bowtie Pasta Salad Beet Salad Banana	16 Stuffed Cabbage with Beef Challah Bread Steamed Carrots Fresh Fruit
19 Beef Stew Yellow Rice Whole Wheat Bread Steamed Broccoli Pear	20 Chicken Shawarma Spiced Majadra Whole Wheat Bread Carrot Salad Fresh Fruit	21 Baked Salmon Rice Pilaf Whole Wheat Bread Israeli Salad Applesauce	22 Vegetarian Moussaka Whole Wheat Bread Beet Salad Banana Birthday Cake	23 Chicken (pieces) with Chinese Vegetables Brown Rice Challah Bread Orange
26 Beef Meatballs w/ Tomato Sauce Spaghetti Garlic Bread Spinach Souffle Fresh Fruit	27 Baked breaded Fish Fillets Rice Pilaf Whole Wheat Bread Broccoli Souffle Fresh Fruit	28 Vegetarian Bean Chili Brown Rice Yellow Corn Tortillas Steamed Green Beans Pear Cookie	29 Individual Chicken Pot Pie Whole Wheat Bread Tossed Salad with Chickpeas Banana	30 Grilled Chicken Breast Challah Bread Mashed Sweet Potatoes Sauteed Broccoli Apple

ALTERNATES

***10/2 - Tuna Salad**

Egg Salad Pasta Primavera Salad Red Cabbage Salad	Tuna Salad Bowtie Pasta Salad Carrot Salad	Chicken Salad Cucumber Dill Salad Red Roasted Potato Salad	Baked Breaded Pollack Same sides as Hot Meal's	Egg Omelet Same sides as Hot Meal's
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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 10:30- 12:00 (M3) Blood Pressure Screening 11:00- 12:00 (M2) Interesting and Informative Discussion	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 10:30- 12:00 (M2) English for Chinese Beginners 11:00- 12:00 (Computer Lab) Surfing the Internet 11: 00 AM (Crystal Room) *10/7 Nutrition Education by Amelia Jalandoni	8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 10:30- 12:00 (M2) English for Chinese Advanced 10:00- 11:45 (M3) Blood Pressure Screening 11: 00 AM (Crystal Room) *10/8 – Financial Foundation *10/15- Tech for Emotional & Brain Health *10/22- Medicare Workshop *10/29- Emergency Preparedness	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	12:30- 3:45 (M4) Ping Pong 12:30- 3:30 (M3) Leisure Games 1:00- 3:00 (M2) Chinese Culture Group Dancing PM 1:00- 3:30 (Computer Lab) 1:30- 2:30 (Ballroom) Yoga With Ken	Ping Pong 12:30- 3:45 (M4) 1:00- 3:30 (Computer Lab) Arts & Crafts (Needlepoint) 1:00- 3:45 (M2) Tai Chi 1:30- 2:30 (Crystal Room) Line Dancing 1:30- 2:30 (Ballroom)	Ping Pong 12:15- 3:45 (M4) Yoga With Caryn 1:30-2:30 (Ballroom) Chinese Culture Group Advanced Singing PM 1:00-3:00 (M3) Entertainment (1:15-2:15 PM, Crystal Room) *10/2- Autum Moon Festival *10/9- JJ Burton * 10/16 – Tony Gap *10/23- Garret Ryan *10/30- Karaoke