



SEPTEMBER LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Cheddar Broccoli Soup
Tomato Soup
Grilled Cheese
Juice/Water

2 Chicken Parmigiana w/
Penne Noodles
Garlic Knots
Salad
Sweet Tea/Water

3 Salmon Cakes
Waffle Fries
Salad
Lemonade/Water

End of Summer Celebration
4 BBQ Ribs, Hot Dogs, &
Hamburgers
Corn on the Cob
Veggie Beans
Lemonade/Water

5 Create Your Own Sandwich
Chips
Juice/Water

7 **Labor Day**
Smorgasbord Buffet
Sweet Tea/Water

8 Teriyaki Chicken w/
Pineapple Slices
Rice
Mixed Vegetables
Lemonade/Water

9 Salisbury Steak
Rosemary Roasted
Potatoes
Green Beans
Lemonade/Water

10 Hamburger Casserole
Mixed Vegetables
Garlic Knots
Sweet Tea/Water

11 **Tacos & Nachos**
Chicken, Beef, or
Veggie
Lemonade/Water

12

14 Beef & Broccoli Lo Mein
Stir Fry Vegetables
Sweet Tea/Water

15 Roasted Chicken
Quarters
Sweet Potatoes
Mixed Vegetables
Lemonade/Water

16 Smoked Beef Sausage
w/ Onion & Peppers
Rice
Veggie Beans
Lemonade/Water

17 Spaghetti & Meatballs
Garlic Knots
Salad
Sweet Tea/Water

Brunch
18 Chicken Sausage
Chicken & Waffles
Hash Browns
Eggs
Juice/Water

19 Create Your Own Sandwich
Chips
Juice/Water

21 Fried Chicken
Dirty Rice
Cabbage
Sweet Tea/Water

22 Honey Glazed Salmon
Scalloped Potatoes
Spinach
Lemonade/Water

23 Lasagna
Garlic Knots
Salad
Sweet Tea/Water

24 Steak or Chicken Fajitas
w/ Peppers & Onions
Yellow Rice
Mixed Vegetables
Lemonade/Water

25 **Birthday Celebration**
Create Your Own Pizza
Sweet Tea/Water

26

28 Beef Stew w/ Egg
Noodles
Sweet Tea/Water

29 Baked Tilapia
Black Beans
Rice
Sauteed Zucchini &
Squash
Lemonade/Water

30 **Chicken Wing Day**
Coleslaw
Waffle Fries
Lemonade/Water

DAILY

Morning Huddle

10:00 am

Breakfast

9:00 am - 10:30 am

Lunch

1:00 pm - 1:45 pm

Afternoon Huddle

2:00 pm

HOURS

Mon, Wed and Fri

9:00am to 5:00pm

Tue and Thur

9:00am to 7:00pm

1st & 3rd Saturday

10:00am to 2:00pm

CONTACT

clubhouse@nydis.org

(347) 343-4163 Admin/Reception

(332) 400-1957 Communications

“A meal is not just food. It’s about connection, conversation, and community.”