ELEMENTS HOUSE
元素之家
CASA DE LOS ELEMENTOS
LOWER EAST SIDE

# NOVEMBER LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|
| **2**<br>Salmon Cakes<br>Baked Potato<br>Mixed Veggies<br>Water/Sweet Tea | **3**<br>Veggie Lasagna w/ Alfredo Sauce<br>Garden Salad<br>Garlic Breadsticks<br>Water/Sweet Tea | **4**<br>Stir-fry Chicken & Broccoli<br>Stir-fry Veggies<br>Fried Rice<br>Water/Lemonade | **5**<br>Baked Chicken<br>Brown Rice<br>Mixed Veggies<br>Water/Sweet Tea | **6**<br>Chicken Pot Pie<br>Garden Salad<br>Water/Sweet Tea | **7**<br>Beef Patties<br>Chips<br>Water/Juice |
| **9**<br>Chicken Enchiladas<br>Yellow Rice<br>Mixed Veggies<br>Water/Lemonade | **10**<br>Spaghetti w/ Red Lentil Sauce<br>Garden Salad<br>Garlic Breadsticks<br>Water/Sweet Tea | **11**<br>**Veterans Day**<br>Beef Patties<br>Chips<br>Water/Juice | **12**<br>Baked Salmon<br>Mashed Potatoes<br>Mixed Veggies<br>Water/Sweet Tea | **13**<br>**Brunch**<br>Fried Chicken<br>Turkey Sausage<br>Eggs<br>Biscuits & Hash Browns<br>Juice | **14** |
| **16**<br>Chicken Cutlet Parmigiana w/ Penne Pasta<br>Garlic Breadsticks<br>Garden Salad<br>Water/Sweet Tea | **17**<br>Tuna Melt<br>Pesto Salad<br>Water/Sweet Tea | **18**<br>Garlic Butter Chicken & Rotini Alfredo<br>Garden Salad<br>Water/Lemonade | **19**<br>Beef Stew w/ Brown Rice<br>Garlic Bread<br>Water/Lemonade | **20**<br>Create Your Own Pizza<br>Water/Lemonade | **21**<br>Create Your Own Sandwich<br>Chips<br>Water/Juice |
| **23**<br>Sloppy Joes<br>Garden Salad<br>Water/Sweet Tea | **24**<br>Franks<br>Veggie Beans<br>Cornbread<br>Water/Sweet Tea | **25**<br>Broccoli Cheddar Soup<br>Potato Soup w/ Bacon<br>Lentil Soup w/ Chickpeas<br>Garlic Breadsticks<br>Water/Lemonade | **26**<br>**Thanksgiving**<br>Traditional Thanksgiving Dinner<br>HAPPY THANKSGIVING | **27**<br>**Day After Thanksgiving**<br>Smörgåsbord Buffet<br>Water/Lemonade | **28** |
| **30**<br>Baked Ziti<br>Garlic Breadsticks<br>Water/Sweet Tea | | | | | |

## 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."**