

January Lunch Club 60 Menu

Serving Time: 11:30 am-12:00pm

Menu items subject to change

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>1</p> <p>Community Center Closed</p> <p>No Lunch Served Today</p> | <p>2</p> <p>Chicken Cordon Bleu Mashed Potatoes Gravy Brussels Sprouts 12 Grain Bread Fruit Cocktail</p> | <p>3</p> <p>Braised Pork Chop & Gravy Au Gratin Potato Winter Squash Pumpnickel Bread Oatmeal Raisin Cookie Kiwi</p> | <p>4</p> <p>Swedish Meatballs over Brown Rice Vegetable Soup Spinach Wheat Bread Mandarin Oranges</p> | <p>5</p> <p>Nutrition Ed w/Cindy "Coffee, Tea & Chocolate" Beef Stew over Biscuit Grape Juice Tossed Lettuce Salad w/Ranch Dressing Pears</p> |
| <p>8</p> <p>Meat Lasagna Green Peas California Blend Vegetables Italian Bread Apricots</p> | <p>9</p> <p>Ground Beef Tacos w/Shredded Cheese, Lettuce, Tomato, Salsa & Sour Cream Southwestern Chicken Soup Peaches</p> | <p>10</p> <p>Macaroni & Cheese Stewed Tomatoes Zucchini Green Beans 12 Grain Bread Pineapple</p> | <p>11</p> <p>BBQ Chicken ¼ Navy Bean Soup Coleslaw Wheat Bread Fruited Gelatin w/Whipped Topping</p> | <p>12</p> <p>Sweet & Sour Pork over Brown Rice Oriental Blend Vegetables Wax Beans Dinner Roll Fresh Apple</p> |
| <p>15</p> <p>Community Center Closed</p> <p>No Lunch Served Today</p> | <p>16</p> <p>BBQ Pulled Pork on Bun Corn Cauliflower Fresh Apple</p> | <p>17</p> <p>Pub Burger w/Catsup Mustard, Relish, Onion, Lettuce & Tomato Chicken Gumbo Fruit Cocktail</p> | <p>18</p> <p>Broccoli Cheese Quiche Tossed Lettuce Salad w/Ranch Dressing Green Beans 12 Grain Bread Fresh Orange</p> | <p>19</p> <p>Rosemary Oven Browned Chicken ¼ Cabbage Beef Soup Winter Squash Pumpnickel Bread Peaches</p> |
| <p>22</p> <p>Stuffed Pepper Tuscany Blend Vegetables Corn Marble Rye Bread Pineapple</p> | <p>23</p> <p>Breakfast Bingo Today Veggie Meatball Sub Sandwich w/Sauce Minestrone Oatmeal Raisin Cookie Fresh Orange</p> | <p>24</p> <p>Breaded Haddock w/Tartar Sauce Coleslaw w/out Pineapple Mixed Vegetables Wheat Bread Petite Banana</p> | <p>25</p> <p>Fajita Chicken Rice Bowl w/Cheese, Lettuce, Tomato, Salsa & Sour Cream Beef Barley Vegetable Soup Soft Flour Tortilla Kiwi</p> | <p>26</p> <p>Individual Meat Loaf w/Vegetable Gravy Mashed Potatoes Scandinavian Blend Vegetables Rye Bread Pears</p> |
| <p>29</p> <p>Italian Sausage w/Peppers & Onions on Bun Steamed Potatoes Wax Beans Mandarin Oranges</p> | <p>30</p> <p>Hot Roast Beef Sandwich w/Gravy Tomato Florentine Soup Broccoli Rye Bread Pears</p> | <p>31</p> <p>Chicken Stuffed w/Broccoli & Cheese Mashed Potatoes Gravy Malibu Blend Vegetables 12 Grain Bread Apricots *Cupcakes*</p> | <p>All meals are served with milk, bread and margarine.</p> <p>Soup served with crackers.</p> | <p>Funding This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging</p> |

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Lunch Reservation Procedure (Please call 723-2425)

- Meals are served daily from 11:30am-12:00pm
- Lunch is a suggested contribution of \$3.00 for any person 60 and older. For anyone under the age of 60, the meal cost is \$6.00 which will be collected at the front desk
- If you have not arrived by 11:45am for your lunch reservation, your meal may be given to any individual on our waiting list
- For a guaranteed meal, reservations need to be made 2 weeks in advance; upon availability reservations can be made up until the day of meal service
- All meal cancellations must be made by 10:00am the day before the meal is served

Medical Motors Transportation

Daily transportation to the center for seniors 60 and older is provided through Medical Motors for Greece residents for the Nutrition Program and activities. There is a suggested contribution of \$2.00

- Pick-ups are between 7:00-9:00am, Mon-Fri
 - Returns are 12:30 & 2:30, Mon-Fri
- Pick up and return times are subject to change

Please call 723-2425 at least 24 hours in advance to sign up for transportation

Please call Medical Motors at 654-7030 before 8:00am if you need to cancel on the day you are scheduled to be picked up.

**3 Vince Tofany Blvd. Greece, NY 14612
(585) 723-2425
www.greeceny.gov**



Monroe County Senior Nutrition Program

Who is eligible to eat a meal?

- Any person age 60 or older, regardless of residency, is eligible to eat a meal. This includes staff members and volunteers at the meal site who are age 60 or older.
- A spouse of any age of an eligible participant as defined above.
- Disabled persons under the age of 60 who reside at the home of an eligible participant and accompany that person to the meal site.
- Disabled persons under age 60 who reside in housing facilities where congregate meals are served.
- Volunteers of any age who assist in the meal service during meal time.

Who may 'contribute'?

- Includes all persons as described in the list above.
- No eligible person can be denied a meal because of inability or unwillingness to contribute.
- The suggested meal contribution is **\$3.00** per meal.
- All contributions are confidential and voluntary.

Who must 'pay'?

Staff

- Staff under 60 years of age **must** pay \$6.00 per person.

Guests

- Guests under age 60 **must** pay \$6.00 per person.
- Guests include children, other relatives of participants (other than those noted as being eligible as noted above), employees of agencies, towns, counties, politicians, speakers, social workers, etc.

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability or marital status. This program is funded by participants' contributions, U.S. Administration on Aging, NY State Office for the Aging, NY State Dept of Health, and the Monroe County Dept of HS/Office for the Aging



Greece on the Go

Keeping **You** Moving in Greece and Beyond



January 2018

Groceries & Shopping



Friday, January 5: Wegmans Mt. Read

9:00am-11:00am

Medical Motors Transportation

Friday, January 12: Tops on Mt. Read Blvd

9:00-11:00am

Medical Motors Transportation

Friday, January 19: Wal-Mart in Greece

9:00-11:00am

Medical Motors Transportation

Friday, January 26: Price Rite

9:00-11:00am

Medical Motors Transportation

All trips depart and return from the
Community & Senior Center
3 Vince Tofany Blvd
Greece, NY 14612

For Trips Noted "Medical Motors Transportation"
Through the Greece Community & Senior
Center, for Greece Seniors, Medical Motors
offers monthly trips to area grocery stores.

Transportation is free and **requires a minimum of
3 riders.**

You may sign up at the front desk ahead of
time or by calling 723-2425.