

# September Lunch Club 60 Menu

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

Menu items subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>CSC Closed</b></p> <p><b>No Lunch Program</b></p>	<p>3</p> <p>Potato Crusted Tilapia w/Tartar Sauce Mashed Potatoes Beets Wheat Bread Mandarin Oranges</p>	<p>4</p> <p>Pub Burger on Bun w/Lettuce, Tomato, Onion &amp; Condiments Minestrone Corn Nectarine</p>	<p>5</p> <p>Broccoli Cheese Quiche Tomato Florentine Soup Green Beans 12 Grain Bread Honeydew</p>	<p>6</p> <p><b>Nutrition Ed w/Cindy</b> <b>"Living with Diabetes"</b> Ground Beef Taco Salad w/Lettuce, Tomato, Picante Sauce, Cheese, Sour Cream &amp; Tortilla Chips Southwestern Chicken Soup Fruit Cocktail</p>
<p>9</p> <p>Veggie Meatballs Pasta &amp; Sauce Tossed Lettuce Salad Italian Dressing Wax Beans Italian Bread Peaches</p>	<p>10</p> <p>Individual Meat Loaf w/Vegetable Gravy Steamed Potatoes Spinach Dinner Roll Butterscotch Pudding w/Whipped Topping</p>	<p>11</p> <p>Chicken Breast Sandwich w/Mayo Hearty Split Pea Soup Tossed Lettuce Salad w/French Dressing Cantaloupe</p>	<p>12</p> <p>BBQ Pulled Pork <i>Served over</i> Baked Potato Coleslaw Marble Rye Bread Pineapple</p>	<p>13</p> <p>Tuna Pasta Salad w/Lettuce &amp; Tomato Spinach Lentil Soup Wheat Roll Apricots</p>
<p>16</p> <p>Chicken Piccata over Brown Rice Tossed Lettuce Salad w/Italian Dressing Carrots Rye Bread Applesauce</p>	<p>17</p> <p>Seafood Salad w/Lettuce &amp; Tomato on Wheat Thinwich Chicken Gumbo Honeydew</p>	<p>18</p> <p>Swiss Steak Steamed Potatoes Spinach Dinner Roll Lemon Pudding w/Whipped Topping</p>	<p>19</p> <p><b>Meal Time Music w/ Fred DiCesare</b> Hot Roast Beef Sandwich on Italian Bread w/Gravy Potato Leek Soup Broccoli Petite Banana</p>	<p>20</p> <p>Vegetarian Chili Tossed Lettuce Salad Ranch Dressing Corn Muffin Pears</p>
<p>23</p> <p>Sweet &amp; Sour Meatballs <i>Served over</i> Brown Rice Cauliflower Green Beans Wheat Bread Mandarin Oranges</p>	<p>24</p> <p>Stuffed Cabbage w/Sauce Mashed Potatoes Carrots Marble Rye Bread Fresh Apple</p>	<p>25</p> <p><b>Oktoberfest Party</b> *Purchase Tickets through 9/18*</p> <p>No Regular Lunch Served</p>	<p>26</p> <p>Chicken ¼ w/BBQ Sauce Navy Bean Soup Broccoli 12 Grain Bread Fruited Gelatin w/Whopped Topping</p>	<p>27</p> <p>Braised Pork Chop w/Gravy Southwest Chicken Soup Steamed Potatoes Rye Bread Oatmeal Cookie</p>
<p>30</p> <p>Macaroni &amp; Cheese Broccoli Stewed Tomatoes Italian Bread Fruit Cocktail Cupcakes</p>			<p><b>Funding</b> 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>	<p><b>All meals are served with milk, bread and margarine.</b></p> <p><b>Soup served with crackers.</b></p>

# **Lunch Reservation Procedure (Please call 723-2425)**

- Meals are served daily from 11:30am-12:00pm
- Lunch is a suggested contribution of \$3.50 for any person 60 and older. For anyone under the age of 60, the meal cost is \$7.50 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/round trip

- 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](http://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 the age of 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 **\$3.50** per meal.
- All contributions are confidential and voluntary.

### Who must “pay”?

#### Staff

- Staff under 60 years of age **must** pay \$7.50 per person.

#### Guests

- Guests under age 60 **must** pay \$7.50 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 eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State, or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. 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, and Monroe County Dept. Of HS/Office for the Aging.

Updated January 2019



# Greece on the Go

Keeping **You** Moving in Greece and Beyond



## September 2019

### Groceries & Shopping

**Friday, September 6: Wegmans Latta Rd**

9:00am-11:00am

Medical Motors Transportation

**Friday, September 13: Top's Mt. Read Blvd**

9:00-11:00am

Medical Motors Transportation

**Friday, September 20: Trader Joes**

9:00-11:00am

Medical Motors Transportation

**Friday, September 27: Wal Mart-Brockport**

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.

