

Ossining Senior Services

October 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<i>*MENU SUBJECT TO CHANGE</i> <i>*If you have a FOOD ALLERGY,</i> <i>please inform the Nutrition Program Manager</i>			10:30-11:30am LINE DANCING	12:00pm LUNCH MOLASSES BAKED CHICKEN THIGHS
			12:00pm LUNCH BLACK BEAN BURGER	
			12:30pm SHOPRITE	
5	6	7	8	9
11:30a-12:30p STAY STRONG	12:00pm LUNCH BEEF & CHEESE LASAGNA	10-11am CHAIR YOGA	10:30-11:30am LINE DANCING	12:00pm LUNCH ROAST TURKEY
12:00pm LUNCH SOLE FLORENTINE		12:00pm LUNCH CHICKEN VERACRUZ	12:00pm LUNCH POTAT & HAM FRITTATA	
12:30pm BINGO			12:30pm SHOPRITE	
12	13	14	15	16
CLOSED COLUMBUS DAY	12:00pm LUNCH SALMON BURGER	10-11am CHAIR YOGA	10:30-11:30am LINE DANCING	12:00pm LUNCH BONELESS BREADED PORK CHOP
		12:00pm LUNCH CHICKEN PARM	12:00pm LUNCH YANKEE POT ROAST	
			12:30pm SHOPRITE	
19	20	21	22	23
11:30a-12:30p STAY STRONG	11-11:30am MEDICARE UPDATE	10-11am CHAIR YOGA	10:30-11:30am LINE DANCING	12:00pm LUNCH MEATLOAF
12:00pm LUNCH TURKEY BURGER	12:00pm LUNCH CHICKEN MARSALA	12:00pm LUNCH BAKED HAM	12:00pm LUNCH CRISPY BAKED FISH	
12:30pm BINGO			12:30pm SHOPRITE	
26	27	28	29	30
11:30a-12:30p STAY STRONG	10am-12pm COVID SHOTS	10-11am CHAIR YOGA	10:30-11:30am LINE DANCING	12:00pm LUNCH CHICKEN FRANCESE
12:00pm LUNCH SALISBURY STEAK	12:00pm LUNCH ROAST TURKEY	12:00pm LUNCH HUNGARIAN VEAL GOULASH	12:00pm LUNCH BLACK BEAN BURGER	
12:30pm BINGO			12:30pm SHOPRITE	