

**FRIDAY JULY 23RD 2021**



# **Items to Chew On:**

**(Did you know?????????)**



- **Reminder! If you are an August Birthday and did not yet sign up for Birthday night, This Monday 7/26 is the deadline to register.**
- **We have heard your requests! Corn on the Cob, when in good supply, will appear more frequently on our menus during the season.**
- **Coffee service is coming back! We are working with our coffee vendor to replace the equipment needed for the self-service coffee station in the Centro Club Room. We will communicate when it is up and running. Nosh also offers coffee for sale during lunch service.**
- **Brunch is available every Sunday for Take Out Service? See menu and ordering instructions in this week's Foodie Packet**
- **The F&B Team is in the process of compiling accessible nutritional information for all of our menu offerings to assist our residents in making informed decisions on what to eat. Stay Tuned in the coming weeks for updates.**
- **Please note that Birthday night in August is on Monday August 2<sup>nd</sup>. There was an incorrect date that went out with the invitations.**



## July Month End

Pre-Order

Return your completed order form to  
one of the collection boxes no later  
than Wednesday 7/28. Orders may be  
picked up in Centro on Wednesday 8/4  
Between 11am - 2pm

ITEM	QTY	PRICE
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### Frozen (to be thawed and cooked)

NY Sirloin 10oz	___	\$24 ea
Double Rack Of Lamb	___	\$60 ea
Salmon Filet 6oz	___	\$10 ea

### Ready to Eat

16/20 shrimp cocktail (6 to an order)	___	\$17 1/2dz
Lobster Roll w/ coleslaw	___	\$23 ea
Asst Rugelach /dz	___	\$14 dz
Chocolate Chip or M&M Cookies /dz	___	\$24 dz

### (Delivery Only)

Member Name \_\_\_\_\_

Member Unit # \_\_\_\_\_

Member Phone # \_\_\_\_\_

Today's Date: **Wednesday 7/28**

Pick-Up Date: **Wednesday 8/4**

# SHABBAT DINNER

*Friday, July 30th, 2021*

## **STARTERS:**

Chicken Matzo Soup or Gefilte Fish

## **PROTEIN 1: \$23**

\*Brisket with Pearl Onion and Fig Demi  
Beef Brisket Slowly Cooked in a Pearl Onion  
and Fig Demi

## **PROTEIN 2: \$23**

\*Artichoke Chicken  
Herb Marinated Seared Chicken Breast Braised  
in an Artichokes and Olives Sauce

## **VEGAN ENTREE: \$19**

Eggplant Napoleon  
Breaded Eggplant Stack with Sliced Tomato,  
Summer Squash, Spinach, Vegan Cheese, and  
Red Pepper Sauce

## **SERVED WITH**

Rosemary Fingerling Potato & Italian Squash

## **DESSERT**

Apple Strudel, Fruit Plate, or  
Whole Fruit of the Week







*Join us every end of the week!*

**SUNDAY  
AUGUST 1ST  
IN NOSH**

*Fridays 6:30pm - 10pm*



## Schedule of Events:

- 4pm - NOSH Deli Counter Closes
- 4:30-5:30 - Dinner Pickup in NOSH
- 5:30-7pm -  
Concert in the Winter Garden -  
"Sounds Like Frank" - Oldies Band

No Reservations Required, but you  
**MUST Pre-Order Your Dinner!**



# Nosh Dinner Menu & Order Form

Please Check Off a Box to indicate your meal for the night.  
If ordering more than one please put # of meals needed in box.  
Thank you!

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## Starters

Crudites with Hummus ☐

Garden Salad **Vg** ☐

## Entree

Protein 1: Fish & Chips \$21 ☐

Breaded Cod Deep Fried & Served with Tartar Sauce & Lemon

Protein 2: French Dip Sandwich \$21 ☐

Slow Roasted Beef Shoulder, Thinly Sliced & Served in a  
Crusty Sub Roll with Roasted Garlic Caramelized Onions & A  
Side of Rich Au Jus

Vegan Option: Vegan Chili Dog \$18 **Vg** ☐

Grilled Vegan Twin Hot Dogs Served with a side of Impossible  
Meat Chili

-Served with-

Potato Nuggets & Crisp Pear Kholrabi Slaw **Vg**

## Dessert

Frozen Sorbet ☐

Fruit Cup ☐

Whole Fruit of the Week ☐







**F&B's Monthly  
Unlimited Meal  
Deliveries for \$100.  
Form.**



Name\_\_\_\_\_ Apt.#\_\_\_\_\_

Date\_\_\_\_\_

**Check the box for the requested length of time**

1 Month=\$100  
\$600

3 Months=\$300

6 Months=

Signature:\_\_\_\_\_

**Leave Completed Form at either IL Concierge Desk**

This form must be filled out and returned to an IL outlet Host desk no later the 28<sup>th</sup> of every month. This form serves as an agreement that the signee agrees to be charged at the beginning of the month a flat fee for unlimited meal deliveries. The amount of the flat fee corresponds with the selection of time requested. Basic fee is 1 month for \$100 per household, no refunds or discounts will be applied for months with less than 31 days.

All deliveries are for outlet food items only, store goods and personal mail/packages do not apply to this offer.



*Call 49100 between 9am and 11am to order  
Arrange to pick up Brunch Box between 11am and 1pm  
(You will be given pick up time options when placing order)*

### **CENTRO BRUNCH MENU**

Croissant with Butter and Strawberry Rhubarb Preserve \$4

Fresh Fruit Cup \$4 ♥

Fruit and Granola Parfait ♥ \$6

Warm Oatmeal with Dried Cranberries and Maple Syrup \$8

Smoke Salmon Plate \$15

*Smoke Salmon, Plain Bagel, Cream Cheese, Slices of Red Onion and Tomato with Capers*

Fresh Belgium Waffle \$10

*Strawberry Sauce and Whipped Cream and Maple Syrup*

2 Scramble Eggs, with Breakfast Home Fries and Chicken Bacon \$13

Omelet with Breakfast Home Fries and Chicken Bacon \$15

Choice of:

Diced Peppers, Onion, & Tomato: Sliced Mushrooms: Cheddar or Swiss Cheese

Assorted Juices: \$2.25 each

♥ = Heart Healthy

Consuming raw or undercooked meat, fish, poultry, or eggs can increase your risk of a food borne illness.

Please notify your server in advance of any food allergies you may have.



# NOSH LUNCH

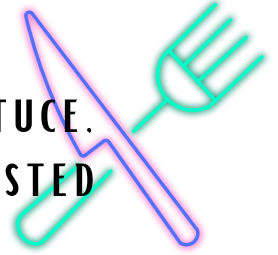
## Specials



**MONDAY 7/26**

### ROSEMARY GRILLED CHICKEN PANINI

GRILLED CHICKEN BREAST ON CIABATTA BREAD. LETTUCE.  
TOMATO. PESTO MAYO SERVED WITH BALSAMIC ROASTED  
VEGETABLES



**TUESDAY 7/27**

### FALAFEL POCKET

SERVED WITH PITA BREAD. DILL CUCUMBER SAUCE. RED ONION.  
TOMATO & A SIDE OF ISRAELI SALAD

**WEDNESDAY 7/28**

### CHICKEN FINGERS

BBO. HONEY MUSTARD. OR BUFFALO SAUCE. SERVED WITH  
FRIES.

**THURSDAY 7/29**

### LOADED CHILI BAKED POTATO

FILLED WITH SEASONED BEEF. SCALLIONS. TOMATO SALSA AND SLICED  
AVOCADO

**FRIDAY 7/30**

### FISH & CHIPS

SERVED WITH COLESLAW. LEMON WEDGE & FRENCH FIRES

**\$11.99 - INCLUDES BEVERAGE**

LUNCH SIDE OF THE WEEK: BROCCOLI SALAD

# **NOSH** **SOUP OF THE DAY**

**WEEK OF 7/25 - 7/31**

**SUNDAY - MINESTRONE**

**MONDAY - CHICKEN RICE**

**TUESDAY - CANNELLINI BEAN & KALE ( VG)**



**WEDNESDAY - TOMATO BASIL ( VG)**



**THURSDAY - MUSHROOM TARRAGON ( VG)**



**FRIDAY - CHICKEN MATZO BALL**

**SATURDAY - VEGETABLE NOODLE ( VG)**