

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 2nd. 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)

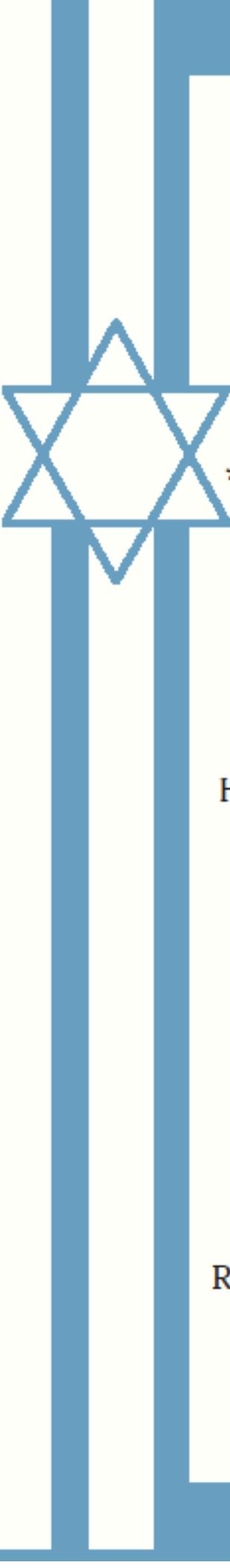
Member Name _____

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



Shabbat Dinner

Friday, July 30th

Great Meadow Hall

1 Resident per line. Include Meal Selections. Completed forms can be returned to the concierge desk or any of the drop boxes for dinner forms.
***This form is only for residents who have made a GMH reservation. Please complete with all residents you plan on dining with for the evening.**
RESERVATIONS REQUIRED. CALL 4-9100 TO MAKE A RESERVATION.

Form must be completed & returned no later than Tuesday July 27th.

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!

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 28th 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.



Sunday Brunch

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.

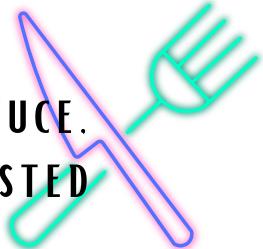
NOSH LUNCH

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

BBQ, 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

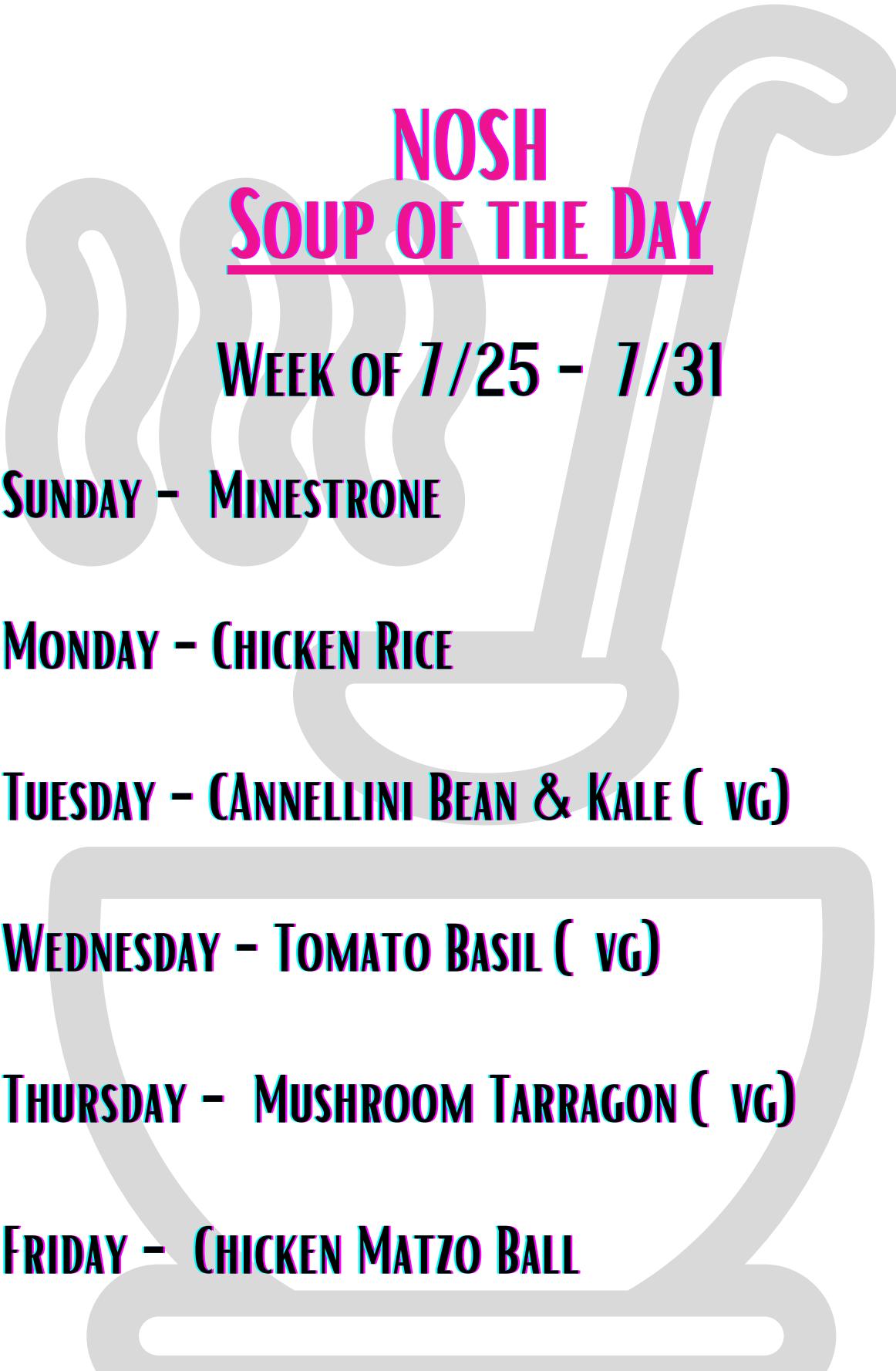
FRIDAY 7/30

FISH & CHIPS

SERVED WITH COLESLAW, LEMON WEDGE & FRENCH FRIES

\$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)