

SENIOR LUNCH MENU**OCTOBER 2020****\$4 Suggested Donation**

Menu is based on availability of ingredients. Call 631-462-9800 x146 or x147 before 10:30am to order. Curbside pickup.

	Tuesday	Wednesday	Thursday	Friday
	SYJCC Senior Nutrition Program funding provided by the Administration for Community Living through the NYS Office for the Aging and Suffolk County Office for the Aging under Title 3C of the Older Americans Act. Persons with self-declared incomes at or above 185% of federal poverty level are encouraged to make a contribution equal to the cost of the meal.			
5 Cheese Blintzes w/ Sour Cream Romaine Salad O&V Chick Pea Salad Pears & juice	6 Bagel with Whitefish Lett/Tom/Onion Cucumber Salad Banana	7 Eggplant Parmesan Pasta W/ Marinara Sauce Rom/Tom/Cuc Salad Italian Bread Fruit Salad	8 Potato Burekas Boiled egg Cole Slaw Sauteed Spinach w/Beans Melon	9 Zucchini Souffle Strawberry/Banana Yogurt Tomato Salad Macaroni Salad Pears
12 Stuffed Cabbage w/ Sweet & Sour Sauce Israeli Cous Cous Peas & Carrots Fruit Salad	13 Fish Cakes w/ Tartar sauce Mashed Potatoes Broccoli& WW bread Applesauce & OJ	14 Baked Ziti Sautéed Zucchini Italian Bread w/ Butter Tropical Mixed Fruit	15 Fried Onion Egg Salad On Bialy Asst. Sliced Veggies Apricots & Juice	16 Tuna/Macaroni Salad Beet Salad Tom/Onion/Cuc w/ O&V Rye bread oranges
19 Bean Chili & Cheese Over Brown Rice Cauliflower WW Bread Fruit Cocktail & OJ	20 Bagel with Lox & Cream Cheese Romaine/Tom/Onion Cucumber Salad Mandarin oranges & OJ	21 Cheese Lasagna Romaine/Tom/Cucc Salad w/ O&V Italian Bread w/ Butter Tangerines & Juice	22 Mediterranean Fish Brown rice Carrots & broccoli Dinner Roll Apple & OJ	23 Veggie Burger on Kaiser Roll Sliced Let/Tom/Onions Cole slaw Pineapple
28 Falafel w/ Tahini Sauce Israeli Salad Pita Apple & OJ	27 Cheese Blintzes w/ Sour Cream Romaine Salad O&V Chick Pea Salad Pears & Juice	28 Veggie Lo Mein w/ Tofu Broccoli w/ Garlic sauce WW Bread Fruited Jello	29 Spinach & Cheese Spanakopita Romaine Salad w/ O&V Roll Mixed Fruit & OJ	30 Egg Salad Wrap Romaine Lett/tom/salad w/O&V Oranges & Juice