

# SENIOR LUNCH MENU

June 2021

**\$4 Suggested Donation**

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>May 31<sup>st</sup></b> <b>Memorial Day</b> <b>-CLOSED-</b>	<b>1</b> Stuffed Shells Sautéed Veggies Italian Bread w/Butter Tropical Mixed Fruit	<b>2</b> OJ Bean Chili & Cheese over Brown Rice Cauliflower & WW Bread Fruit Cocktail	<b>3</b> Stuffed Cabbage w/Sweet & Sour Sauce Israeli Couscous Peas & Carrots Fruit Salad	<b>4</b> Bagel with Whitefish Lett/Tom/Onion Cucumber Salad Banana
<b>7</b> OJ Mediterranean Fish Brown Rice Carrots & Broccoli Dinner Roll Apple	<b>8</b> Zucchini Soufflé Strawberry/Banana Yogurt Tomato Salad Macaroni Salad Pears	<b>9</b> Eggplant Parmesan Pasta w/Marinara Sauce Rom/Tom/Cuc Salad Italian Bread Fruit Salad	<b>10</b> Juice Cheese Blintzes w/ Sour Cream Romaine Salad O&V ChickPea Salad Melon Salad	<b>11</b> Tuna/Macaroni Salad Beet Salad Tom/Onion/Cuc w/O&V Rye Bread Oranges
<b>14</b> Potato Burekas Boiled Egg Coleslaw Sautéed Spinach w/Beans Melon	<b>15</b> OJ Bagel with Lox & Cream Cheese Romaine/Tom/Onion Cucumber Salad Mandarin Oranges	<b>16</b> OJ Fish Cakes w/Tartar Sauce Mashed Potatoes Broccoli & WW Bread Applesauce	<b>17</b> Veggie Lo Mein w/Tofu Broccoli w/Garlic Sauce WW Bread Fruit Jello	<b>18</b> Stuffed Peppers Brown Rice Pilaf Peas & Carrots Orange
<b>21</b> OJ Spinach & Cheese Spanakopita Romaine Salad w/O&V Roll Mixed Fruit	<b>22</b> OJ Egg Salad Wrap Romaine Lett/Tom/Salad w/O&V Oranges & Juice	<b>23</b> Veggie Burger on Kaiser Roll Sliced Let/Tom/Onion Coleslaw Pineapple	<b>24</b> OJ Baked Ziti Sautéed Zucchini Italian Bread w/Butter Tropical Mixed Fruit	<b>25</b> Cheese Quesadilla w/Tom Salsa & Sour Cream Shredded lettuce w/O&V Carrot Salad Peaches
<b>28</b> OJ Falafel w/Tahini Sauce Israeli Salad Pita Apple	<b>29</b> Cranberry Juice Cheese Lasagna Romaine/Tom/Cuc Salad w/O&V Italian Bread w/Butter Tangerine	<b>30</b> Latin Pappusas filled with Beans & Cheese Corn Salsa Coleslaw w/Vinaigrette Pears		

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.