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

**SENIOR LUNCH MENU**  
**June 2021**  
Menu is based on availability of ingredients. Call 631-462-9800 x146 or x147 before 10:30am to order. Curbside pickup available  

$4 Suggested Donation  

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.