


JULY 2018 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Independence Day Party Hamburger & Hot Dog Cole Slaw Romaine Salad w/ O&V Tomato / Onion Peaches	3 Bagel with Lox & Cream Cheese Romaine/Tomato/Onion Cucumber Salad Mandarin Oranges	4 <u>INDEPENDENCE</u> <u>DAY</u> CLOSED	5 OJ Mediterranean Fish Brown Rice Carrots & Broccoli Dinner Roll Pears	6 Apple Juice Tuna Salad w/ Bialy Lettuce/Tomato/Onion Beet Salad Chocolate Pudding
9 Juice Cheese Blintzes w/ Sour Cream Romaine Salad w/ O&V Chick Pea Salad Melon	10 Potato Bureka Hard Boiled egg Cole Slaw Sautéed Spinach w/Beans Pears	11 Eggplant Parmesan Over Pasta Marinara Italian Beans Bread Orange	12 Bean Chili & Cheese Over Brown Rice Cauliflower Fruit Cocktail	13 <u>SHABBAT LUNCH</u> Split Pea Soup Roasted Chicken Apple Sauce Sweet Potatoes Broccoli Challah & Dessert
16 OJ Spinach Spanakopita Romaine Salad w/ O&V Dinner Roll Mixed Fruit	17 Cheese Quesadilla Salsa & Sour Cream Shredded Lettuce Salad Peaches	18 Have Lunch Before The Film <u><i>The Second Best Marigold Hotel</i></u> (Lunch 11:45am /Film 12:30pm) Bagel w/ Whitefish Lettuce/Tomato/Onion Cucumber Salad Banana	19 Fish Cakes w/ Tartar Sauce Baked Sweet Potato Fries Broccoli Roll Mandarin Orange	20 Veggie Meatball Parmesan Hero Caesar Salad Peaches
23 Cranberry Juice Cheese Lasagna Romaine/Tomato/Cucumber Salad w/ O & V Italian Bread Tangerine	24 Veggie Lo Mein w/ Tofu Broccoli w/ Garlic Sauce WW Bread Fruited Jello	25 Stuffed Shells Sautéed Zucchini Italian Bread Banana Birthday Cake	26 Stuffed Cabbage w Sweet & Sour Sauce Israeli Cous Cous Peas & Carrots Fruit Salad	27 OJ Falafel w/ Tahini Sauce Israeli Salad Pita Apple
30 Veggie Burger Kaiser Roll Lettuce/Tomato/Onion Cole Slaw Peaches	31 Zucchini Soufle Macaroni Salad Tomato Salad Straw/Banana Yogurt Pears	Daily registration by 10:30am Sign-up in Room 24 INFO: JANINE MANDERA (631) 462-9800 X147	SYJCC KOSHER LUNCH PROGRAM Please Note: This menu is subject to change. Please check the board for the menu of the	

Lunch is served at 12:00 noon daily. Suggested Contribution: \$4.00 Each meal includes bread, margarine and 1% milk. Menu is subject to change at the discretion of the Suffolk County Office of Nutritional Services. All meals prepared are under Rabbinical Supervision.

SYJCC Senior Nutrition Program is funded by The Suffolk County Office for the Aging, under Title 3C of the Older Americans Act. Persons with self-declared incomes at or above 185% of the federal poverty level are encouraged to make a contribution equal to the actual cost of the meal.