

AUGUST 2018 LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| <p>Daily registration by 10:30am Sign-up in Room 24</p> <p>INFO: JANINE MANDERA (631) 462-9800 X147</p> | <p>SYJCC KOSHER LUNCH PROGRAM</p> <p>Please Note: This menu is subject to change. Please check the board for the menu of the</p> | <p>1 Potato Burekas Hard Boiled egg Cole Slaw Sautéed Spinach w/Beans Melon</p> | <p>2 Apple Juice Fried Onion Egg Salad w Bialy Tomato Salad Apricots</p> | <p>3 SHABBAT LUNCH Split Pea Soup Roasted Chicken Apple Sauce Roasted Potatoes Spinach Challah Roll Dessert</p> |
| <p>6 OJ Spinach & Cheese Spanakopita Romaine Salad w/ O&V Dinner Roll Mixed Fruit</p> | <p>7 Bean Chili w/Cheese Brown Rice Zucchini & Carrots Pineapple</p> | <p>8 OJ Bagel with Lox & Cream Cheese Romaine/Tomato/Onion Cucumber Salad Pears</p> | <p>9 100% Juice Tuna Wrap Lett/Tom/Salad w/O&V Oranges</p> | <p>10 OJ Pizza Spinach w/ Garlic & Oil Applesauce</p> |
| <p>13 Cranberry Juice Cheese Lasagna Romaine/Tomato/Cucumber Salad w/ O & V Italian Bread Tangerine</p> | <p>14 Stuffed Cabbage w Sweet & Sour Sauce Israeli Cous Cous Peas & Carrots Fruit Salad</p> | <p>15 Eggplant Parmesan Pasta w/ Marinara Sauce Italian Beans Bread Orange</p> | <p>16 OJ Mediterranean Fish Brown Rice Broccoli Dinner Roll Banana</p> | <p>17 Cheese Quesadilla Salsa & Sour Cream Shredded Lettuce w/ O & V Peaches</p> |
| <p>20 Veggie Lo Mein w/ Tofu Broccoli w/ Garlic Sauce WW Bread Fruited Jello</p> | <p>21 Bagel w/ Whitefish Lettuce/Tomato/Onion Cucumber Salad Banana</p> | <p>22 100% Juice Cheese Blintzes w/ Sour Cream Romaine Salad w/ O&V Chick Pea Salad Melon</p> | <p>23 Spaghetti w/ Veggie Meatballs w/ Red Sauce Caesar salad Italian bread Melon</p> | <p>24 OJ Falafel w/ Tahini Sauce Israeli Salad Pita Apple</p> |
| <p>27 Stuffed Shells Sautéed Zucchini Italian Bread Tropical Mixed Fruit</p> | <p>28 Fish Cakes w/ Tartar Sauce Baked Sweet Potato Fries Broccoli Bread Mandarin Oranges</p> | <p>29 Have Lunch Before The Film <u>Hidden Figures</u> (Lunch 11:45am /Film 12:30pm) Veggie Burger Kaiser Roll Lettuce/Tomato/Onion Cole Slaw Peaches</p> | <p>30 Zucchini Soufflé Macaroni & Tomato Salad Straw/Banana Yogurt Canned Pears</p> | <p>31 100% Juice Egg Salad Wrap Romaine/Tomato/ Cucumber Salad w/ O&V Apple</p> |

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.