


NOVEMBER 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><i>Please Note:</i> This menu is subject to change. Please check the board for the menu of the</p>		<p>1 Bean Chili w/Cheese Over Brown Rice Broccoli Fruit Cocktail</p>	<p>2 <u>Shabbat Lunch</u> Lentil soup Roasted Chicken Apple Sauce Israeli Cous Cous Cauliflower & Carrots Challah Roll & Dessert</p>
<p>5 Veggie Burger on Kaiser Roll Sliced Let/Tom/Onion Cole Slaw Peaches</p>	<p>6 Bagel with Lox & Cream Cheese Romaine/Tomato/Onion Cucumber Salad Mandarin Oranges</p>	<p>7 <u>Veteran's Party</u> Hamburger W/Bun Hot Dog w/Bun Cole Slaw Romaine Lett/Tom/Onion w/ O & V Peaches & Cake</p>	<p>8 Cranberry juice Cheese Lasagna Romaine/Tom/Cuc Salad w/ O & V Italian bread tangerine</p>	<p>9 Veggie Soup Fried Onion Egg Salad On Bialy Asst Sliced Veggies Apricots</p>
<p>12 Potato Burekas Boiled egg Cole Slaw Sauteed Spinach w/Beans pears</p>	<p>13 Mediterranean Fish Brown rice Carrots & Broccoli Dinner Roll Tropical Mixed Fruit</p>	<p>14 <u>Thanksgiving Lunch</u> OJ Turkey w/Gravy Cranberry Sauce Stuffing Sweet Potatoes Green Beans Roll & pies</p>	<p>15 Veggie Soup Pizza Spinach w/ garlic & oil Chick Pea Salad applesauce</p>	<p>16 Veggie Lo Mein W/ Tofu Broccoli w/ Garlic sauce WW Bread Fruited jello</p>
<p>19 OJ Spinach & Cheese Spanakopita Romaine Salad w/ O&V Roll</p>	<p>20 Lentil Soup Fish Cakes w/Tartar Sauce Baked Sweet Potato Broccoli WW Bread Mandarin Oranges</p>	<p>21 Bagel with Whitefish Lett/Tom/Onion Cucumber Salad Banana</p>	<p><u>THANKSGIVING</u> CLOSED</p>	<p>23 Stuffed Cabbage Sweet & Sour Sauce Israeli Cous Cous Peas & Carrots Fruit Salad</p>
<p>26 Stuffed Shells Sauteed Zucchini Italian Bread Banana</p>	<p>27 Cheese Quesadilla Tom Salsa & Sour Cream Shredded Lettuce Salad Carrot Salad Peaches</p>	<p>28 100% Juice Cheese Blintzes w/ Sour Cream Romaine Salad O&V Chick Pea Salad Melon Birthday Cake</p>	<p>29 Tomato Soup Tuna Salad on Sandwich Roll Romaine/tom/salad w/O&V oranges</p>	<p>30 OJ Falafel Tahini Sauce Israeli Salad Pita & 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.