

JANUARY 2019 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>1</p> <p><u>NEW YEAR'S DAY</u></p> <p>CLOSED</p>	<p>2</p> <p>Bagel with Lox & Cream Cheese Romaine/Tomato/Onion Cucumber Salad Mandarin Oranges</p>	<p>3</p> <p>OJ Bean Chili w/ Cheese Over Brown Rice Cauliflower Fruit Cocktail</p>	<p>4</p> <p><u>Shabbat Lunch</u> Lentil Soup Roasted Chicken Apple Sauce Sweet Potato Chopped Salad w/ O&V Challah & Dessert</p>
<p>7</p> <p>Juice Cheese Blintzes w/ Sour cream Romaine Salad w/ O&V Chick Pea Salad Melon</p>	<p>8</p> <p>Veggie Soup Fried Onion Egg Salad On Bialy Asst. Sliced Veggies Apricots</p>	<p>9</p> <p>Veggie Burger Kaiser Roll Sliced Let/Tom/Onion Cole Slaw Peaches</p>	<p>10</p> <p>Split Pea Soup Pizza Spinach w/ Garlic & Oil Pears</p>	<p>11</p> <p>Zucchini Soufflé Macaroni Salad Tomato Salad Strawberry/Banana Yogurt Pears</p>
<p>14</p> <p>Veggie Lo Mein W/ Tofu Broccoli W/ Garlic Sauce WW Bread Fruited Jello</p>	<p>15</p> <p>Bagel w/ Whitefish Salad Lett/Tom/Onion Cucumber Salad Banana</p>	<p>16</p> <p>Lentil Soup Fish Cakes & Tartar Sauce Baked Sweet Potato Fries Broccoli Wheat Bread Mandarin Oranges</p>	<p>17</p> <p>Cheese Quesadilla Shredded let w/O&V Tomato Salad & Sour Cream Carrot Salad Peaches</p>	<p>18</p> <p>Spaghetti w/ Veggie Meatballs In Red Sauce Caesar Salad Italian Bread Melon</p>
<p>21</p> <p>Eggplant Parmesan Over Pasta Marinara Italian Bread Ratatouille Fruit Salad</p>	<p>22</p> <p>OJ Scrambled Eggs w/ Sautéed Veggies Pancake w/ Syrup WW Bread Banana</p>	<p>23</p> <p>Veggie Soup Cheese Lasagna Romaine/Tom/Cuc Salad Italian Bread Tangerine</p>	<p>24</p> <p>Potato Bureka Hard Boiled Egg Cole Slaw Sautéed Spinach w/ Beans Pears</p>	<p>25</p> <p>OJ Falafel w/ Tahini Sauce Israeli Salad Pita Apple</p>
<p>28</p> <p>Split Pea Soup Mediterranean Fish Brown Rice Carrots & Broccoli Dinner Roll Apple</p>	<p>29</p> <p>Stuffed Cabbage Sweet & Sour Sauce Israeli Cous Cous Peas & Carrots Fruit Salad</p>	<p>30</p> <p>Black Bean Soup Spinach & Cheese Spanakopita Romaine Salad w/ O&V Dinner Roll Mixed Fruit</p>	<p>31</p> <p>Minestrone Soup L/S Grilled Cheese Sandwich Mixed Greens/Tom/Onion w/ O & V Oranges</p>	<p>SYJCC KOSHER LUNCH PROGRAM</p> <p><u>Please Note:</u> This menu is subject to change. Please check the board for the menu of the</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.