

FEBRUARY 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>SYJCC KOSHER LUNCH PROGRAM</p> <p><i>Please Note: This menu is subject to change. Please check the board for the menu of the</i></p>	<p>Bagel with Lox & Cream Cheese Romaine/Tomato/Onion Cucumber Salad Mandarin Oranges</p>	<p>OJ Bean Chili w/ Cheese Over Brown Rice Cauliflower Fruit Cocktail</p>	<p>1 Shabbat Lunch Split Pea Soup Roasted Chicken Cauliflower Roasted Potatoes Challah Roll Apple Sauce & Dessert</p>
<p>4 Bagel With Lox & Cream Cheese Romaine/Tom/Onion Cucumber Salad Mandarin Oranges</p>	<p>5 Corn Chowder Soup Fried Onion Egg Salad On Bialy Asst. Sliced Veggies Apricots</p>	<p>6 Veggie Lo Mein W/ Tofu Broccoli w/ Garlic Sauce WW Bread Fruited Jello</p>	<p>7 Stuffed Cabbage w/ Sweet & Sour Sauce Israeli Cous Cous Peas & Carrots Fruit Salad</p>	<p>8 Cheese Quesadilla Shredded Lettuce w/ O&V Chopped Onion & Tom Salad Sour Cream Carrot salad</p>
<p>11 Minestrone Soup Fish Cakes w/ Tartar Sauce Baked Sweet Potato Fries Broccoli Bread Oranges</p>	<p>12 Bean Chili & Cheese Over Brown Rice Cauliflower WW Bread Fruit Cocktail</p>	<p>13 Eggplant Parmesan Pasta Marinara Ratatouille Italian Bread Fruit Salad</p>	<p>14 OJ Scrambled eggs w/ Sautéed Veggies French Toast w/Syrup WW Bread Banana</p>	<p>15 OJ Veggie Meatball Parmesan Hero Romaine & Tom Salad w/ O&V Pineapple</p>
<p>18 Veggie Soup Cheese Lasagna Romaine/Tom/Cuc Salad w/ O&V Italian Bread Tangerine</p>	<p>19 Split Pea Pizza Spinach w/ Garlic & Oil Apple</p>	<p>20 Bagel with Whitefish Lett/Tom/Onion Cucumber Salad Banana</p>	<p>21 Veggie Burger Kaiser Roll Sliced Let/Tom/Onion Coleslaw Peaches</p>	<p>22 Tuna Salad Wrap Lett/Tom/Onion Coleslaw Tropical Fruit Mix</p>
<p>25 Potato Burekas Boiled egg Cole Slaw Sauteed Spinach w/Beans Pears</p>	<p>26 Juice Cheese Blintzes w/ Sour Cream Romaine Salad O&V Chick Pea Salad / Melon</p>	<p>27 OJ Spinach & Cheese Spanakopita Romaine Salad w/ O&V Roll Fruit Cocktail</p>	<p>28 Cream Of Broccoli Soup Mediterranean Fish Orzo Carrots & Cauliflower Dinner Roll Apple</p>	<p>1 MARCH Shabbat Across America Lunch Soup Roasted Chicken Vegetable Sides Challah Roll Apple Sauce & Dessert</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.