

APRIL 2019 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 OJ Spinach & Cheese Spanakopita Romaine Salad O&V Roll Fruit Cocktail	2 Bagel With Lox & Cream Cheese Romaine/Tom/Onion Cucumber Salad Mandarin Oranges	3 Stuffed Shells Sauteed Zucchini Italian Bread Banana	4 OJ Scrambled eggs w/ Sautéed Veggies French Toast w/ Syrup WW Bread Banana	5 Tomato Soup Tuna Wrap Let/Tom/Salad w/O&V Oranges
8 Juice Cheese Blintzes w/ Sour Cream Romaine Salad O&V Chick Pea Salad Melon	9 Potato Burekas Boiled egg Cole Slaw Sauteed Spinach w/Beans Pears	10 Veggie Burger Kaiser Roll Sliced Let/Tom/Onion Coleslaw Peaches	11 Black Bean Soup Cheese Quesadilla w/ Tomato Salad & Sour Cream Shredded lettuce O & V Peaches	12 Stuffed Cabbage Israeli Cous Cous Peas & Carrots Fruit Salad
15 Eggplant Parmesan Over Pasta Marinara Italian Beans Garlic Bread Fruit Salad Birthday Cake	16 Bagel with Whitefish Salad Lett/Tom/Onion Cucumber Salad Banana	17 <u>Passover Lunch</u> Gefilte Fish Matza Ball Soup Roasted Chicken Broccoli Sweet Potato Tzimmes Macaroons	18 Split Pea Soup Pizza Spinach w/ Garlic & Oil Apple	19 Kitchen Closed For Passover *NO BUS SERVICE
22 Passover Food from Gurwin	23 Passover Food from Gurwin	24 Passover Food from Gurwin	25 Passover Food from Gurwin	26 Passover Food from Gurwin
29 Mediterranean Fish Rice Pilaf Carrot & Broccoli Dinner Roll Pears	30 Fried Onion Egg Salad On Bialy Asst. Sliced Veggies Apricots Mandarin Oranges	Daily registration by 10:30am Sign-up in Room 24 Or Call JANINE MANDERA (631) 462-9800 X147		SYJCC KOSHER LUNCH PROGRAM <small>Please Note: This menu is subject to change. Please check the board for the menu of the day.</small>

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 Funding provided by Administration for Community Living through New York State Office for the Aging and 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.