

# MAY 2019 LUNCH MENU

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| <p><b>Daily registration by 10:30am Sign-up in Room 24</b></p> <p><b>Or Call JANINE MANDERA (631) 462-9800 X147</b></p>  | <p><b>SYJCC KOSHER LUNCH PROGRAM</b></p> <p><i>Please Note: This menu is subject to change. Please check the board for the menu of the day.</i></p> | <p><b>1</b></p> <p>Veggie Burger<br/>Kaiser Roll<br/>Let/Tom/Onion<br/>Coleslaw<br/>Peaches</p>   | <p><b>2</b></p> <p>Cheese Quesadilla w/<br/>Tomato Salad &amp; Sour Cream<br/>Shredded lettuce O &amp; V<br/>Peaches</p> | <p><b>3</b></p> <p><u>SHABBAT LUNCH</u><br/>Split Pea Soup<br/>Roasted Chicken<br/>Apple Sauce<br/>Roasted Potatoes<br/>Sautéed Zucchini<br/>Challah Roll/ Dessert</p> |
| <p><b>6</b></p> <p>Potato Burekas<br/>Hard Boiled egg<br/>Cole Slaw<br/>Sautéed Spinach w/Beans<br/>Fruit</p>            | <p><b>7</b></p> <p>OJ<br/>Bagel With<br/>Lox &amp; Cream Cheese<br/>Romaine/Tom/Onion<br/>Cucumber Salad<br/>Pears</p>                              | <p><b>8</b></p> <p>Eggplant Parmesan<br/>Over Pasta Marinara<br/>Italian Beans<br/>Italian Bread<br/>Orange</p>                         | <p><b>9</b></p> <p>Bean Chili &amp; Cheese<br/>Over Brown Rice<br/>Zucchini &amp; Carrots<br/>Fruit Cocktail</p>         | <p><b>10</b></p> <p>Zucchini Soufflé<br/>Macaroni &amp; Tomato Salad<br/>Straw/Banana Yogurt<br/>Canned Pears</p>  |
| <p><b>13</b></p> <p>Fish Cakes w/Tartar Sauce<br/>Baked Sweet Potato Fries<br/>Broccoli<br/>Bread<br/>Fruit Cocktail</p> | <p><b>14</b></p> <p>Stuffed Cabbage<br/>Israeli Cous Cous<br/>Peas &amp; Carrots<br/>Fruit Salad</p>  | <p><b>15</b></p> <p>Juice<br/>Cheese Blintzes w/ Sour Cream<br/>Romaine Salad O&amp;V<br/>Chick Pea Salad<br/>Melon</p>                 | <p><b>16</b></p> <p>Stuffed Shells<br/>Sautéed Zucchini<br/>Italian Bread<br/>Banana</p>                                 | <p><b>17</b></p> <p>Tomato Soup<br/>Tuna Salad Wraps<br/>Romaine &amp; Tom Salad O&amp;V<br/>Oranges</p>   |
| <p><b>20</b></p> <p>OJ<br/>Cheese Lasagna<br/>Romaine/Tom/Cuc Salad w/ O&amp;V<br/>Italian Bread<br/>Fruit Cocktail</p>  | <p><b>21</b></p> <p>OJ<br/>Fried Onion Egg Salad<br/>On Bialy<br/>Asst. Sliced Veggies<br/>Apricots</p>   | <p><b>22</b></p> <p>Bagel with Whitefish Salad<br/>Let/Tom/Onion<br/>Cucumber Salad<br/>Banana</p>                                      | <p><b>23</b></p> <p>Veggie Lo Mein w/ Tofu<br/>Broccoli w/Garlic Sauce<br/>WW Bread<br/>Fruited Jello</p>                | <p><b>24</b></p> <p>Split Pea Soup<br/>Pizza Bagels<br/>Spinach<br/>Pears</p>  |
| <p><b>27</b></p> <p><b><u>MEMORIAL DAY</u></b><br/><b>CLOSED</b></p>   | <p><b>28</b></p> <p>OJ<br/>Scrambled Eggs w/<br/>Sautéed Veggies<br/>French Toast w/ Syrup<br/>WW Bread<br/>Banana</p>                              | <p><b>29</b></p> <p>OJ<br/>Spinach &amp; Cheese Spanakopita<br/>Romaine Salad O&amp;V<br/>Roll<br/>Fruit Cocktail<br/>Birthday Cake</p> | <p><b>30</b></p> <p>Mediterranean Fish<br/>Rice Pilaf<br/>Carrot &amp; Broccoli<br/>Dinner Roll<br/>Pears</p>            | <p><b>31</b></p> <p>OJ<br/>Falafel w/ Tahini Sauce<br/>Israeli Salad<br/>Pita<br/>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 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.