

# SEPTEMBER 2019 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b><u>LABOR DAY</u></b> <b>CLOSED</b>	3 Cheese Quesadilla w/ Salsa & Sour Cream Carrot Salad Shredded lettuce w/ O&V Peaches	4 Eggplant Parmesan Over Pasta Marinara Sauce Italian Bean Salad Italian Bread Oranges	5 Orange Juice Fish Cakes w/ Tartar sauce Baked Sweet Potato Fries Broccoli Roll Mandarin Oranges	6 <b><u>SHABBAT LUNCH*</u></b> Split Pea Soup Roasted Chicken Apple Sauce Roasted Potatoes Romaine Salad w/ O&V Challah Roll Dessert
9 OJ Mediterranean Fish Brown Rice Pilaf Carrots & broccoli Dinner Roll Pears Birthday Cake	10 OJ Bagel w/ Lox & Cream Cheese Romaine/Tom/Onion Cucumber Salad Pears	11 Cranberry Juice Cheese Lasagna Rom/Tom/Cucumber Salad w/ O&V Italian Bread Tangerines	12 Veggie Burger Kaiser Roll Let/Tom/Onion Cole Slaw Banana	13 100% Juice Tomato Soup Tuna Wrap Shredded Lett/Tom/Onion Oranges
16 Stuffed Shells Sauteed Zucchini Italian Bread Tropical Mixed Fruit	17 Apple Juice Fried Onion Egg Salad on Bialy Chopped Tomato Salad Apricots	18 OJ Spinach & Cheese Spanakopita Romaine Salad w/ O&V Dinner Roll Fruit Cocktail	19 Veggie Lo Mein W/ Tofu Broccoli w/ Garlic Sauce WW Bread Fruited Jello	20 Split Pea Soup Pizza Spinach w/ Garlic & Oil Apple
23 Bagel with Whitefish Lett/Tom/Onion Cucumber Salad Banana	24 Juice Cheese Blintzes w/ Sour Cream Romaine Salad w/ O&V Chick Pea Salad Melon	25 <b><u>ROSH HASHANAH LUNCHEON</u></b> Split Pea Soup Pot Roast w/ Gravy Sweet potato Simmis Lett & Tom Salad w/ O&V Challah Roll Apples & Honey Honey Cake	26 Potato Bureka Hard Boiled egg Cole Slaw Sauteed Spinach w/ Beans Melon	27 Zucchini Soufflé Macaroni Salad Tomato Salad Straw/Banana Yogurt Pears
30 <b><u>Rosh Hashana</u></b> <b>CLOSED</b>	*OUR NEXT SHABBAT LUNCHEON IS ON OCTOBER 11 <sup>TH</sup> . You must sign up by: <b>FRIDAY, OCTOBER 4<sup>TH</sup></b>	<b>Daily registration by 10:30am Sign-up in Room 24</b> <b>Or Call JANINE MANDERA (631) 462-9800 X147</b>	<b>SYJCC KOSHER LUNCH PROGRAM</b>  Please Note: This menu is subject to change. Please check the board for the menu of the day.	

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.