

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Potato Burekas Boiled egg Cole Slaw Sauteed Spinach w/Beans Pears</p>	<p>3 Vegetable Soup Fried Onion Egg Salad On Bialy Asst. Sliced Veggies Apricots</p>	<p>4 Bagel with Lox &amp; Cream Cheese Romaine/Tom/Onion Cucumber Salad Mandarin Oranges</p>	<p>5 Orange Juice Mediterranean Fish Brown Rice Carrots &amp; broccoli Dinner Roll Apple</p>	<p>6 Stuffed Cabbage w/ sweet &amp; sour sauce Israeli Cous Cous Peas &amp; Carrots Fruit Salad</p>
<p>9 Veggie Burger Kaiser Roll Sliced Let/Tom/Onion Cole slaw peaches</p>	<p>10 OJ Spinach &amp; Cheese Spanakopita Romaine Salad w/ O&amp;V Dinner Roll Mixed Fruit</p>	<p>11 PURIM PARTY Juice Cheese Blintzes w/ Sour Cream Romaine Salad O&amp;V Chick Pea Salad Melon &amp; Hamentashen</p>	<p>12 Tomato Soup Tuna Salad wrap Romaine Salad w/ tomato w/ Oil &amp; Vinegar Oranges</p>	<p>13 Zucchini Souffle Strawberry/Banana Yogurt Tomato Salad Macaroni Salad Pears</p>
<p>16 Lentil Soup Fish Cakes w/ Tartar Sauce Baked Sweet Potato Fries Broccoli WW Bread Citrus Salad</p>	<p>17 Bagel with Whitefish Lett/Tom/Onion Cucumber Salad Banana</p>	<p>18 Veggie Soup Cheese Lasagna Romaine/Tom/Cuc Salad w/ O&amp;V Italian Bread Tangerine</p>	<p>19 OJ Falafel w/ Tahini Sauce Israeli Salad Pita Apple</p>	<p>20 OJ Pizza Spinach w/Garlic &amp; oil Fruit Salad</p>
<p>23 Cheese Quesadilla Shredded Let w/ O &amp; V Salsa &amp; Sour Cream Carrot salad Peaches</p>	<p>24 Orange Juice Bean Chili &amp; Cheese Over Brown Rice Cauliflower Fruit cocktail</p>	<p>25 Eggplant Parmesan Over Pasta Marinara Romaine/Tom/Cuc Salad Italian Bread Fruit Salad</p>	<p>26 Veggie Lo Mein W/ Tofu Broccoli w/ Garlic Sauce WW Bread Fruited Jello</p>	<p>27 Shabbat Lunch Split pea soup Roasted Chicken Stuffing Broccoli Challah Roll Applesauce &amp; Dessert</p>
<p>30 Stuffed Shells Sauteed Zucchini Italian Bread Tropical Mixed fruit Birthday Cake</p>	<p>31 OJ Scrambled Eggs w/ Veggies French toast w/ syrup WW bread Banana</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 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.