

SENIOR LUNCH MENU**SEPTEMBER 2020****\$4 Suggested Donation**

Menu is based on availability of ingredients. Call 631-462-9800 x146 or x147 before 10:30am to order. Curbside pickup available.

	Tuesday	Wednesday	Thursday	Friday
	1 Cheese Blintzes w/ Sour Cream Romaine Salad O&V Chick Pea Salad Pears & Juice	2 Stuffed Cabbage w/ Sweet & Sour Sauce Israeli Cous Cous Peas & Carrots Fruit Salad	3 Egg Salad Wrap Romaine Lett/tom/salad w/O&V Oranges & OJ	4 Cheese Quesadilla w/Tom Salsa & Sour Cream Shredded lettuce w/ O&V peaches
7 Labor Day	8 Bagel with Whitefish Lett/Tom/Onion Cucumber Salad Banana	9 Eggplant Parmesan Pasta W/ Marinara Sauce Rom/Tom/Cuc Salad Italian Bread Fruit Salad	10 Potato Burekas Boiled egg Cole Slaw Sautéed Spinach w/Beans Melon	11 Zucchini Soufflé Strawberry/Banana Yogurt Tomato Salad Macaroni Salad Pears
14 Tuna Wrap Romaine Lett/tom/salad w/O&V Oranges & OJ	15 Fish Cakes w/ Tartar sauce Mashed Potatoes Broccoli & WW bread Applesauce & OJ	16 Baked Ziti Sautéed Zucchini Italian Bread w/ Butter Tropical Mixed Fruit	17 Bean Chili & Cheese Over Brown Rice Cauliflower WW Bread Fruit Cocktail & OJ	18 Falafel w/ Tahini Sauce Israeli Salad Pita Apple & OJ
21 Mediterranean Fish Brown rice Carrots & broccoli Dinner Roll Apple & OJ	22 Bagel with Lox & Cream Cheese Romaine/Tom/Onion Cucumber Salad Mandarin oranges & OJ	23 Cheese Lasagna Romaine/Tom/Cucc Salad w/ O&V Italian Bread w/ Butter Tangerines & juice	24 Veggie Burger on Kaiser Roll Sliced Let/Tom/Onion Cole Slaw Pineapple	25 Fried Onion Egg Salad On Bialy Asst. Sliced Veggies Apricots & Juice
28 Yom Kippur	29 Spinach & Cheese Spanakopita Romaine Salad w/ O&V Roll Mixed Fruit & juice	30 Veggie Lo Mein w/ Tofu Broccoli w/ Garlic sauce WW Bread Fruited Jello	SYJCC Senior Nutrition Program funding provided by the Administration for Community Living through the NYS 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 federal poverty level are encouraged to make a contribution equal to the cost of the meal.	