

SENIOR LUNCH MENU**November 2020****\$4 Suggested Contribution**

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Fish Cakes w/ Tartar sauce Mashed Potatoes Broccoli & WW bread Applesauce & OJ	3 Cheese Quesadilla w/Tom Salsa & Sour Cream Shredded lettuce w/ O&V Carrot salad & Peaches	4 Eggplant Parmesan Pasta W/ Marinara Sauce Rom/Tom/Cuc Salad Italian Bread Fruit Salad	5 Potato Burekas Boiled egg Cole Slaw Sauteed Spinach w/Beans Melon	6 Stuffed Peppers Brown Rice Pilaf Peas & Carrots Orange
9 Cheese Blintzes w/ Sour Cream Romaine Salad O&V Chick Pea Salad Melon Salad & Juice	10 Bagel with Whitefish Lett/Tom/Onion Cucumber Salad Banana	11 Stuffed Shells Sautéed Veggies Italian Bread w/ Butter Tropical Mixed Fruit	12 Stuffed Cabbage w/ Sweet & Sour Sauce Israeli Cous Cous Peas & Carrots Fruit Salad	13 Zucchini Souffle Strawberry/Banana Yogurt Tomato Salad Macaroni Salad Pears
16 Veggie Lo Mein w/ Tofu Broccoli w/ Garlic sauce WW Bread Fruited Jello	17 Veggie Burger on Kaiser Roll Sliced Let/Tom/Onion Cole Slaw Pineapple	18 Spinach & Cheese Spanakopita Romaine Salad w/ O&V Roll Mixed Fruit & juice	19 Bean Chili & Cheese Over Brown Rice Cauliflower WW Bread Fruit Cocktail & OJ	20 Falafel w/ Tahini Sauce Israeli Salad Pita Apple & OJ
23 Mediterranean Fish Brown rice Carrots & broccoli Dinner Roll Apple & OJ	24 Bagel with Lox & Cream Cheese Romaine/Tom/Onion Cucumber Salad Mandarin oranges & OJ	25 Cheese Lasagna Romaine/Tom/Cuc Salad w/ O&V Italian Bread w/ Butter Tangerines & Cranberry Juice	26 Thanksgiving JCC Closed	27 Kitchen Closed
30 Baked Ziti Sautéed Zucchini Italian Bread w/ Butter Tropical Mixed Fruit & OJ			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.	