

SENIOR LUNCH MENU

January 2021

\$4 Suggested Donation

The Senior Center will be Closed on January 1st, New Year's Day



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
4 Veggie Burger on Kaiser Roll Sliced Let/Tom/Onion Coleslaw Pineapple	5 Zucchini Soufflé Strawberry/Banana Yogurt Tomato Salad Macaroni Salad Pears	6 Stuffed Shells Sautéed Veggies Italian Bread w/ Butter Tropical Mixed Fruit	7 Potato Burekas Boiled Egg Coleslaw Sautéed Spinach w/Beans Melon	8 Tuna/Macaroni Salad Beet Salad Tom/Onion/Cuc w/ O&V Rye Bread Oranges
11 Bagel with Whitefish Lett/Tom/Onion Cucumber Salad Banana	12 Stuffed Peppers Brown Rice Pilaf Peas & Carrots Orange	13 Stuffed Cabbage w/ Sweet & Sour Sauce Israeli Couscous Peas & Carrots Fruit Salad	14 OJ Baked Ziti Sautéed Zucchini Italian Bread w/ Butter Tropical Mixed Fruit	15 OJ Falafel w/ Tahini Sauce Israeli Salad Pita Apple
18 Veggie Lo Mein w/ Tofu Broccoli w/ Garlic Sauce WW Bread Fruit Jello	19 Juice Cheese Blintzes w/ Sour Cream Romaine Salad O&V Chickpea Salad Melon Salad	20 OJ Mediterranean Fish Brown Rice Carrots & Broccoli Dinner Roll Apple	21 Eggplant Parmesan Pasta W/ Marinara Sauce Rom/Tom/Cuc Salad Italian Bread Fruit Salad	22 OJ Spinach & Cheese Spanakopita Romaine Salad w/ O&V Roll Mixed Fruit
25 OJ Bean Chili & Cheese over Brown Rice Cauliflower WW Bread Fruit Cocktail	26 Cranberry Juice Cheese Lasagna Romaine/Tom/Cuc Salad w/ O&V Italian Bread w/ Butter Tangerines	27 OJ Bagel with Lox & Cream Cheese Romaine/Tom/Onion Cucumber Salad Mandarin Oranges	28 OJ Fish Cakes w/ Tartar Sauce Mashed Potatoes Broccoli & WW Bread Applesauce	29 Cheese Quesadilla w/Tom Salsa & Sour Cream Shredded Lettuce w/ O&V Carrot Salad Peaches

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.