

# SENIOR LUNCH MENU

September 2021

\$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

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
|  |   | <b>1</b> Stuffed Cabbage w/Sweet & Sour Sauce<br>Israeli Couscous<br>Peas & Carrots<br>Fruit Salad | <b>2</b> Tuna/Macaroni Salad<br>Beet Salad<br>Tom/Onion/Cuc w/O&V<br>Rye Bread<br>Oranges                | <b>3</b> Juice<br>Cheese Blintzes w/ Sour Cream<br>Romaine Salad O&V<br>Chickpea Salad<br>Melon Salad                           |
| <b>6 Labor Day</b><br><br><b>CLOSED</b>  | <b>7 Rosh Hashanah</b><br><br><b>CLOSED</b>   | <b>8 Rosh Hashanah</b><br><br><b>CLOSED</b>  | <b>9</b> OJ<br>Bean Chili & Cheese over Brown Rice<br>Cauliflower & WW Bread<br>Fruit Cocktail           | <b>10</b> Stuffed Peppers<br>Brown Rice Pilaf<br>Peas & Carrots<br>Orange   |
| <b>13</b> Eggplant Parmigiana<br>Pasta w/Marinara Sauce<br>Rom/Tom/Cuc Salad<br>Italian Bread<br>Fruit Salad | <b>14</b> Mac & Cheese<br>Romaine/Tom/Cuc Salad w/Oil & Vinegar<br>Three Bean Salad<br>Italian Bread<br>Pineapple | <b>15</b> OJ<br>Mediterranean Fish<br>Brown Rice<br>Carrots & Broccoli<br>Dinner Roll<br>Apple     | <b>16 Yom Kippur</b><br><br><b>CLOSED</b>  | <b>17</b> Fried Onion Egg Salad on Bialy<br>Asst. Sliced Veggies<br>Apricots  |
| <b>20</b> Zucchini Soufflé<br>Strawberry/Banana Yogurt<br>Tomato Salad<br>Macaroni Salad<br>Pears            | <b>21</b> OJ<br>Falafel w/ Tahini Sauce<br>Israeli Salad<br>Pita<br>Apple   | <b>22</b> Potato Burekas<br>Boiled Egg<br>Coleslaw<br>Sautéed Spinach w/Beans<br>Melon             | <b>23</b> Bagel with Whitefish<br>Lett/Tom/Onion<br>Cucumber Salad<br>Banana                             | <b>24 Shabbat Luncheon</b><br>Split Pea Soup<br>Roasted Chicken<br>Apple Sauce<br>Sweet Potatoes<br>Broccoli<br>Italian Cookies |
| <b>27</b> OJ<br>Veggie Burger on Kaiser Roll<br>Sliced Let/Tom/Onion<br>Coleslaw<br>Pineapple                | <b>28</b> OJ<br>Fish Cakes w/Tartar Sauce<br>Mashed Potatoes<br>Broccoli & WW bread<br>Applesauce                 | <b>29</b> Veggie Lo Mein w/ Tofu<br>Broccoli w/Garlic Sauce<br>WW Bread<br>Fruit Jello             | <b>30</b> OJ<br>Bagel with Lox & Cream Cheese<br>Romaine/Tom/Onion<br>Cucumber Salad<br>Mandarin Oranges |   |

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.