

LUNCH MENU

MAY 2022

\$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 Mac & Cheese Romaine/Tom/Cuc Salad w/Oil & Vinegar Three Bean Salad Italian Bread & Pineapple | 3 Stuffed Cabbage w/Sweet & Sour Sauce Israeli Couscous Peas & Carrots Apple Sauce | 4 Juice Cheese Blintzes w/ Sour Cream Romaine Salad O&V Chickpea Salad Melon Salad | 5 OJ Falafel w/ Tahini Sauce Israeli Salad Pita Apple | 6 Veggie Lo Mein w/ Tofu Broccoli w/ Garlic sauce WW Bread Fruited Jello |
| 9 OJ Mediterranean Fish Brown Rice Carrots & Broccoli Dinner Roll Apple | 10 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 OJ Spinach & Cheese Spanakopita Romaine Salad w/ O&V Roll & Mixed Fruit |
| 16 Potato Burekas Boiled Egg Coleslaw Sautéed Spinach w/Beans Melon | 17 Pizza Sauteed Spinach w/ garlic & oil White Bean salad Fruit Cup& Fruit Juice | 18 OJ Fish Cakes w/Tartar Sauce Mashed Potatoes Broccoli & WW bread applesauce | 19 Eggplant Parmigiana Pasta w/Marinara Sauce Rom/Tom/Cuc Salad Italian Bread Fruit Salad | 20 Cheese Quesadilla w/Tom Salsa & Sour Cream Shredded lettuce w/ O&V Carrot Salad Peaches |
| 23 Cranberry Juice Cheese Ravioli in Marinara Rom/Tom/Cuc Salad w/O&V Italian Bread w/ Butter Tangerine | 24 Zucchini Soufflé Strawberry/Banana Yogurt Tomato Salad Macaroni Salad Pears | 25 OJ Bagel w/ Lox & Cream Cheese Romaine/ Tom/Onion Cucumber salad Mandarin oranges | 26 OJ Veggie Burger on Kaiser Roll with Coleslaw Sliced Let/Tom/Onion Pineapple | 27 Split Pea Soup Tom/Lett/Onion w/ O&V Egg Salad Salad wrap Peaches |
| 30 Memorial Day | 31 OJ Bean Chili & Cheese Over Brown Rice Cauliflower & WW Bread Fruit Cocktail | | | |

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.

