

# LUNCH MENU

September 2022-Revised

\$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
<p><b>*Please place order by 10:30 each day, Thank You!</b> Some meals are subject to change due to availability</p>	<p><b>*Call For Details About Our Rosh Hashanah Shabbat Luncheon*</b></p>		<p>1 OJ Spinach &amp; Cheese Spanakopita Romaine Salad w/ O&amp;V Roll &amp; Mixed Fruit</p>	<p>2 Tuna/Macaroni Salad Beet Salad Tom/Onion/Cuc w/O&amp;V Rye Bread Oranges</p>
<p><b>5 Closed for Labor Day</b></p>	<p>6 OJ Mediterranean Fish Brown Rice Carrots &amp; Broccoli Dinner Roll Apple</p>	<p>7 Bagel with Whitefish Lett/Tom/Onion Cucumber Salad Banana</p>	<p>8 OJ Bean Chili &amp; Cheese Brown Rice Cauliflower &amp; WW Bread Fruit Cocktail</p>	<p>9 OJ Falafel w/ Tahini Sauce Israeli Salad Pita Apple</p>
<p>12 Stuffed Cabbage w/Sweet &amp; Sour Sauce Israeli Couscous Peas &amp; Carrots Apple Sauce</p>	<p>13 Juice Cheese Blintzes w/ Sour Cream Romaine Salad O&amp;V Chickpea Salad Melon Salad</p>	<p>14 Potato Burekas Boiled Egg Coleslaw Sautéed Spinach w/Beans Melon</p>	<p>15 Veggie Lo Mein w/Tofu Broccoli w/ garlic sauce WW Bread Fruited Jello</p>	<p>16 Eggplant Parmigiana Pasta w/Marinara Sauce Rom/Tom/Cuc Salad Italian Bread Fruit Salad</p>
<p>19 Stuffed Peppers Brown Rice Pilaf Peas &amp; Carrots Orange</p>	<p>20 OJ Veggie Burger on Kaiser Roll Coleslaw Sliced Let/Tom/Onion Pineapple</p>	<p>21 OJ Fish Cakes w/Tartar Sauce Mashed Potatoes Broccoli &amp; WW bread applesauce</p>	<p>22 OJ Bagel w/ Lox &amp; Cream Cheese Romaine/ Tom/Onion Cucumber salad Mandarin oranges</p>	<p>23 Mac &amp; Cheese Romaine/Tom/Cuc Salad w/Oil &amp; Vinegar Three Bean Salad Italian Bread Pineapple <b>SHABBAT LUNCHEON</b></p>
<p>26 Rosh Hashanah</p>	<p>27 Rosh Hashanah</p>	<p>28 Zucchini Soufflé Strawberry/Banana Yogurt Tomato Salad Macaroni Salad Pears</p>	<p>29 Juice Fried Onion Egg Salad on Bialy Asst.Sliced Veggies Apricots</p>	<p>30 Cheese Quesadilla w/Tom Salsa Sour Cream Shredded lettuce w/ O&amp;V Carrot Salad Peaches</p>

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.