

# LUNCH MENU: \$4 Suggested Contribution

JUNE 2024



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Scrambled Eggs w/ Veggies French Toast w/ Syrup Banana OJ	<b>4</b> Spinach & Cheese Spanakopita Romaine Salad w/ O&V Roll OJ / Mixed Fruit	<b>5</b> Mediterranean Fish Brown Rice Carrots & Broccoli Dinner Roll Tropical Mixed Fruit OJ	<b>6</b> Bean Chili w/ Cheese Brown Rice Cauliflower & WW Bread Fruit Cocktail OJ	<b>7</b> Tuna / Macaroni Salad Beet Salad Tom/ Onion/ Cuc w/ O&V Rye Bread Oranges
<b>10</b> Potato Burekas Boiled Egg Coleslaw Sautéed Spinach w/ Beans Melon	<b>11</b> Stuffed Cabbage w/ Sweet & Sour Sauce Israeli Cous Cous Peas & Carrots Pears	<b>12</b> Juice Cheese Blintzes w/ Sour Cream Romaine Salad w/ O&V Chickpea Salad Mixed Fruit	<b>13</b> Veggie Burger on Kaiser Roll Coleslaw Sliced Let/Tom/Onion Fruit Cocktail OJ	<b>14</b> Bagel with Whitefish Lett/ Tom/ Onion Cucumber Salad Banana
<b>17</b> Fish Cakes w/ Tartar Sauce Mashed Potatoes Broccoli & WW Bread Apple Sauce OJ	<b>18</b> Pizza Sauteed Spinach w/ garlic & oil White Bean salad Fruit Cup Fruit Juice	<b>19</b> Bagel w/ Lox & Cream Cheese Romaine/ Tom/ Onion Cucumber salad Mandarin oranges OJ	<b>20</b> Cheese Ravioli Marinara Rom/Tom/CucSalad w/ O&V Italian Bread w/ Butter Tangerine Cranberry Juice	<b>21</b> Mac & Cheese Romaine/ Tom/ Cuc Salad w/ Oil & Vinegar Three Bean Salad Italian Bread Pineapple
<b>24</b> Stuffed Peppers Brown Rice Pilaf Peas & Carrots Orange	<b>25</b> Cheese Quesadilla w/ Sour Cream Shredded lettuce w/ O&V Tomato salsa Black Bean Salad / Peaches Pineapple juice	<b>26</b> Eggplant Parmesan Pasta w/ Marinara Sauce Rom/Tom/Cuc Salad w/ O&V Italian Bread Fruit Salad	<b>27</b> Falafel w/ Tahini Sauce Israeli Salad Pita Apple & OJ	<b>28</b> Split Pea Soup Tom/ Lett/ Onion/ Cuc w/ O&V Tuna Salad wrap Peaches
				<b>*Please place order by 10:30 each day, Thank You!</b> Some meals are subject to change due to availability

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.