

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Moroccan Salmon Rice w/ Vegetables Vegetable Mix	4 Four Bean Salad Garlic & Rosemary Roasted Potatoes Cole Slaw	5 Tuna Salad Cold Sides	6 Beef Meatballs in Tomato Sauce Spaghetti Capri Blend Vegetables	7 Baked Chicken Quarters Potato Kugel Normandy Blend Vegetables
10 Vegetarian Stuffed Cabbage Pearled Barley Spiced Mixed Vegetables	11 Chicken Salad Potato Salad Cabbage & Beet Salad	12 Egg Salad Confetti Rice Steamed Yellow Squash	13 Beef & String Beans Brown Rice Vegetable Mix	14 BBQ Chicken Leg Quarters Spinach Noodle Kugel Capri Blend Vegetables
17 Beef Hamburger Baked Red Potatoes Health Slaw	18 Fresh Turkey w/ Gravy Smashed Sweet Potatoes Sautéed Green Beans Corn Bread Cranberry Sauce Apple Strudel	19 Vegan Stuffed Peppers Rice California Blend Vegetables	20 Ginger & Lime Salmon Baked Sweet Potato Prince Edward Blend Vegetables	21 BBQ Chicken Leg Quarters Bowtie Pasta w/ Kasha Sautéed Green Beans
24 Dairy Free Baked Ziti Steamed Carrots	25 Veggie Chicken Cacciatore Spaghetti Sautéed String Beans	26 Eggplant Chickpea Tagine (Chickpea & Eggplant Stew) Egg Barley Vegetable Mix	C L O S E D	C L O S E D
		Upon request, a container of low fat milk is available to go after lunch		
Sam Field, 58-20 Little Neck Pkwy, Little Neck NY 11362 (718) 225-6750 Bay Terrace, 212-00 23rd Ave, Bayside NY 11360 (718) 423-6111				