

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Scallion Ginger Tofu Stir Fry Pearled Barley Capri Blend Vegetables	2 Chicken Gumbo Couscous Roasted Eggplant	3 Lemon Salmon Yellow Rice Steamed Green Beans	4 Chicken Salad Pasta Salad Cole Slaw	5 BBQ Chicken Leg Quarters Baked Potato California Blend Vegetables
8 Chicken Fricassee Whole Wheat Spaghetti Italian Blend Vegetables	9 Tuna Salad Cold Side Salads	10 Beef Meatloaf Roasted Potatoes Sautéed String Beans	11 Cuban Black Beans Yellow Rice Vegetable Mix	12 Roasted Chicken Legs Spinach Noodle Kugel Spiced Mixed Vegetables
15 Moroccan Salmon Rice w/ Vegetables Vegetable Mix	16 Cranberry Chicken Apple Noodle Kugel Steamed Carrots Danish	17 Vegetable Cutlet Couscous Steamed Green Beans	18 Beef Meatballs in Tomato Sauce Spaghetti Capri Blend Vegetables	19 Baked Chicken Quarters Potato Kugel Normandy Blend Vegetables
22 Vegetarian Stuffed Cabbage Pearled Barley Spiced Mixed Vegetables	23 Chicken Salad Potato Salad Cabbage & Beet Salad	24 Beef & String Beans Brown Rice Steamed Yellow Squash	25 Egg Drop Soup Asian Style Chicken w/ Mixed Vegetables Vegetable Lo Mein Egg Rolls Crunchy Noodles Fresh Oranges cut in quarters	26 BBQ Chicken Legs Spinach Noodle Kugel Capri Blend Vegetables
29 Beef Hamburger Baked Red Potato Health Slaw	30 Vegan Stuffed Peppers Brown Rice Roast Eggplant	31 Asopao De Pollo (Puerto Rican Chicken Stew) California Blend Vegetables	12/25 Lunch at Sam Field is an Event ONLY Bay Terrace is CLOSED	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 				