

TOWN OF BROOKHAVEN NUTRITION PROGRAM MENU JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Center Closed	3 Chicken Picatta Yellow Rice Broccoli Diced Pears	4 Mojo Braised Pork Mashed Potatoes Broad Beans Orange	5 Chopped Steak w. Carmelized Onion Gravy Roast Potatoes Brussel Sprouts Banana	6 Eggplant Parmigiana Pasta w. Tomato Sauce Romaine Salad Fruit Cocktail
9 Breaded Chicken Cutlet w. Gravy Pasta Alfredo Sauce Beets Apple	10 Porcupine Meatballs in Brown Gravy Orzo w. Diced Tomato Spinach Diced Peaches	11 Chili & Cheese Burrito Yellow Rice Broccoli Seasonal Fresh Fruit	12 Turkey Stroganoff Noodles Normandy Blend Cut Melon	13 Sausage & Peppers Pasta Marinara Italian Blend Tropical Fruit
16 Center Closed M. L. King Jr. Day	17 Chicken Fajitas w. Onions Peppers & Salsa Yellow Rice Spinach/Kale Garlic Oil Fruit Cocktail	18 Vegetable Bean Soup Seafood Salad Spinach Salad Pineapple	19 Roast Turkey Stuffing Broccoli & Carrots Banana Bread	20 Stuffed Shells Escarole & Beans Pudding w. Peaches
23 Adobo Chicken Thighs Succotash Green Beans Apricots	24 Meatloaf w. Brown Gravy Sour Cream & Chive Whipped Potatoes Brussel Sprouts Banana	25 Pork Chop w. Apple Stuffing & Gravy Sweet Potatoes Spinach Cut Melon	26 Cheese Tortellini w. Bolognaise (Meat) Sauce Italian Blend Vegetables Fruited Gelatin	27 Baked Tilapia Newburg Brown Rice Broccoli Orange
30 Rotisserie Chicken Drum Sticks Macaroni & Cheese Collard Greens & Spinach Cinnamon Apple Slices	31 Smoked Ham w. Pineapple Glaze Mashed Sweet Potatoes Cauliflower Mandarin Oranges		Suggested meal donation is \$2. Persons with self-declared income at/above 185% of federal poverty level are encouraged to contribute actual cost.	Meals must be reserved by 12:00 noon the day before. Reserve Monday's meal by 12:00 noon Friday. Mt. Sinai - 476-6442 Mastic - 281-7679 Lunch is served 11:30 a.m.