

TOWN OF BROOKHAVEN NUTRITION PROGRAM MENU MAY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reserve meal by Noon the day before. Reserve Mondays meal by Friday. Mt Sinai 631-451 9191 Mastic 631-451-9191 Moriches 631-451-9191 Lunch is served 11:30 a.m.	Suggested voluntary anonymous meal contribution is \$2. Persons with self-declared income at/above 185% of federal poverty level are encouraged to contribute actual cost.	Menu is subject to change Funding is provided by U.S. Administration for Community Living through New York State Office for the Aging and Suffolk County Office for the Aging.		1 Honey Mustard Swai Corn Spinach & Kale Diced Pears
4 Turkey Meatloaf w Gravy Mac & Cheese Mixed Vegetables Apple Sauce	5 Arroz Con Polo Chicken on the Bone, Rice, & Spanish Olives Carrots Apricots	6 Chili con Carne White Rice Carrots Watermelon	7 Tuna Salad Sandwich Mixd Green Salad Oil & Vinegar Cut Melon	8 Pork Saltimbocca w Low Sodium Ham & Sage Roast Potato Spinach Peaches
11 Chicken Salad w Romaine Tomato Cucumber Salad Fruited Gelatin	12 Hearty Beef Stew w Root Vegetables Egg Noodles Red Cabbage Cut Melons	13 Broccoli & Cheddar Quiche Pasta Primavera Green Beans Banana	14 Sloppy Joe Corn Broccoli Pound Cake	15 Lemon, Oregano & Garlic Broiled Chicken Thighs Sweet Potato Brussels Sprouts Fruit Cocktail
18 Curried Chicken Yellow Rice Chopped Spinach Orange	19 Individual Lasagna w Meat Sauce Italian Blend Vegetables Chocolate Chip Cookies	20 Low Sodium Turkey , Swiss. Romaine, Sandwich Spinach Salad Cut Melons	21 Pork Scaloppini w. Madeira wine sauce Roast Potato Broccoli Cut Melon	22 Butter & Lemon Bread Crumb Encusted Tilapia Corn Mixed Greens Apple Mandarin Orange
25 Frozen Meal Memorial Day	26 Seafood Salad Bun Romaine Salad Carrots & Raisin Salad Pineapple	27 Chicken Francaise with Lemon & White Wine Rice Pilaf Brussels Sprouts Banana	28 Turkey Ala King w. Peas, Mushrooms, Pimentos Wide Noodles Spinach & Kale Apple Sauce	29 Baked Ziti w Mini Meatballs Escarole w Garlic & Oil Carrots Butterscotch Pudding