

TOWN OF BROOKHAVEN BAY AREA NUTRITION PROGRAM MENU SEPTEMBER 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	1 TUNA SALAD ROMAINE BEET SALAD CARROT SALAD VANILLA PUDDING	2 CHICKEN CUTLET TOPPED W. LOW SODIUM HAM, SWISS, & GRAVY MASHED POTATOES SPINACH APPLE	3 CHICKEN PIZZAOLA PEPPERS, ONIONS MUSHROOMS, MARINARA RIGATONI W. PESTO BROCCOLI FRESH PEACH	4 BAKED FLOUNDER W. SEAFOOD STUFFING CORN ZUCCHINI & TOMATO CASSEROLE ORANGE
7 BREADED CHICKEN CUTLET W. GRAVY POTATOES SPINACH W. GARLIC & OIL PEAR	8 CHOP STEAK W. ONION & MUSHROOM GRAVY EGG NOODLES GREEN BEAN ALMONDINE BANANA	9 SWEET & SOUR PORK WHITE RICE ORIENTAL BLEND VEGETABLES TAPIOCA PUDDING	10 ROTISSERIE CHICKEN THIGH GARLIC MASHED POTATO BRUSSELS SPROUTS CUT MELON	11 EGGPLANT PARMIGIANA PENNE W. MARINARA BROCCOLI PLUM
14 HUNGARIAN GOULASH NOODLES RED CABBAGE FRUIT SALAD	15 ITALIAN MEATBALL SUB SPINACH & KALE ORANGE	16 SPINACH & MUSHROOM QUICHE HOME FRIES BROCCOLI NECTARINE	17 LOW SODIUM TURKEY & SWISS, BUN COLE SLAW CUCUMBER & TOMATO SALAD PINEAPPLE CHUNKS	18 OVEN BAKED SWAI W. BRUSCHETTA RICE PILAF OKRA W. STEWED TOMATO CUT MELON
21 SPAGHETTI & MEATBALLS BROAD BEANS WATERMELON	22 CHICKEN & BROCCOLI STIR FRY FRIED RICE ORIENTAL BLEND VEG ORANGE	23 QUARTER LB BURGER RATATOUILLE MIXED FRUIT	24 PULLED PORK ROLL CORN GREEN BEANS DICED PEACHES	25 SEAFOOD SALAD, ROMAINE ROLL BEET SALAD CARROT & PINEAPPLE SALAD CHOCOLATE PUDDING
28 SWEDISH MEATBALLS W. GRAVY NOODLES FRUIT COCKTAIL	29 BLACKENED CHICKEN THIGH W. SHELL PASTA IN A CAJUN CREAM SAUCE STEWED OKRA & TOMATOES CUT MELON	30 ROAST BEEF & LOW SODIUM CHEESE SANDWICH ROMAINE HOUSE SALAD W. OIL & VINEGAR APPLE	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 NYS Office for the Aging and Suffolk County Office for the Aging.