

NOVEMBER MENU 2022/NOVIEMBRE MENU 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
MENU SUBJECT TO CHANGE	CHINESE STYLE ROASTED PORK LOIN RICE PILAF STEAMED BROCCOLI BREAD/FRUIT/MILK	VEGETABLE LO MEIN ORIENTAL BLEND VEGETABLE BREAD/FRUIT/MILK	HEARTY BEEF STEW MASHED POTATOES BROCCOLI/CAULIFLOWER BREAD/FRUIT/MILK	FISH W/GARLIC SAUCE BROWN RICE PILAF CARROT APPLE RAISIN SALAD BREAD/FRUIT/MILK
7	8	9	10	11
GRILLED CHICKEN BREAST EGGPLANT & ROASTED PEPPERS STEAMED PEAS BREAD/FRUIT MILK	ITALIAN SAUSAGE W/ PEPPERS & ONIONS PASTA ROASTED ZUCCHINI BREAD/FRUIT/MILK	VEGETABLE LASAGNA VEGETABLE MIX BREAD/FRUIT/MILK	BEEF TERIYAKI BROWN RICE ORIENTAL VEGETABLES BREAD/FRUIT/MILK	BAKED FISH AMANDINE BROWN RICE PILAF CAULIFLOWER BREAD/FRUIT/MILK
14	15	16	17	18
GARLIC CHICKEN ROASTED RED POTATOES STEAMED BROCCOLI BREAD/FRUIT/MILK	BBQ PORK CHOPS BLACK BEANS AND RICE GARDEN SALAD BREAD/FRUIT/MILK	PARMESAN PASTA TOMATO&CUCUMBER SALAD BREAD/FRUIT/MILK	BEEF SALISBURY STEAK W/ MUSHROOM SAUCE BROWN RICE ROASTED ZUCCHINI BREAD/FRUIT/MILK	ASIAN STYLE WHITE FISH W/CILANTRO COUS COUS BARLEY/CORN&BEAN SALAD BREAD/FRUIT/MILK
21	22	23	24	25
CHICKEN CACCIOTORE ROASTED BROCCOLI YELLOW PLANTAINS BREAD/FRUIT/MILK	BRAISED PORK W/EGGPLANT MIXED SALAD YUCA W/GARLIC&LEMON BREAD/FRUIT/MILK	VEGETARIAN STUFFED CABBAGE RICE PILAF ROMAINE CARROT BEET	Thanksgiving Day CENTER CLOSED	Day After Thanksgiving CENTER CLOSED
28	29	30	31	1
ASIAN STYLE HONEY CHICKEN SPINACH SALAD MASHED POTATOES BREAD/FRUIT/MILK	CHINSED STYLE PORK LOIN BROWN RICE STEAMED ZUCCHINI BREAD/FRUIT/MILK	BASIL QUINOA STUFFED PEPPERS EGG NOODLES BROCCOLI&CAULIFLOWER BREAD/FRUIT/MILK	CCNS CATHERINE SHERIDAN SENIOR CENTER 35-24 83RD STREET JACKSON HEIGHTS NY 11372 781-458-4600 MON-FRI 8:30-4:30	LUNCH DONATION \$1.25 LUNCH TIME 12:00 TO 1:00 HORORIO DE ALMUERZO 12:00 TO 1:00 DONACION DE ALMUERZO \$1.25