

2026				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Parmesan Spaghetti Baby Spinach Salad with Lemon Vinaigrette Tomato Sauce Apple	Spanish Style Roast Pork Broccoli and Red Pepper Salad Homemade Mashed Potatoes Fruit Cocktail	A Nice Vegetable Soup Meaty Lentil and Mushroom Meatballs Cous Cous Beet Salad Apple Orange Juice	Beef Hamburger French Fries Lettuce and Tomato Banana	Baked Fish Brown Rice California Blend Vegetables Cantaloupe
9	10	11	12	13
Spanish Style Baked Chicken Brown Rice Vegetable Mix Apple	Roasted Turkey Breast Fresh Cranberry Sauce Baked Sweet Potato Roasted Zucchini Orange	Cuban Style Split Pea Soup California Veggie Burger Plain Hamburger Bun Carrot Salad Apple Orange Pineapple Juice	Beef Brisket with Tomatoes and Onions Pasta Tomato Salad with Basil Banana	Fish Fillet Cous Cous Cole Slaw Apple
16	17	18	19	20
	Chinese Style Pork Chinese Style Spaghetti Steamed Sliced Carrots Orange	Zesty Chickpea Stew Caribbean Stuffed Eggplant Apple Orange Juice	Beef and Peppers Egg Noodles Broccoli and Red Peppers Orange	Baked Fish Amandine Buckwheat with Mushrooms Spinach, Apple and Red Onion Salad Papaya
23	24	25	26	27
Oven Fried Chicken Wings Beet Salad Roasted Potatoes Banana	Turkey Meatloaf Four Bean Salad Instant Mashed Potatoes Apple	Black Bean Soup Classic Macaroni Salad Carrot Salad Banana	BBQ Beef Ribs Roasted Sweet Potato Fries Vegetable Mix Apple	Baked Salmon Quinoa Asian Cucumber Salad Mango

Lunch includes Low-fat 1% Milk and a slice of Whole Wheat Bread.

Located at: 23-11 31st Road,
Astoria NY 11106

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