



BAYSWATER SENIOR CENTER

2716 HEALY AVENUE - FAR ROCKAWAY, NY 11691

(718) 327.0297 - www.bayswatercenter.org

MENU for April 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 Sesame Chicken LoMein Chinese Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: BAKED BREADED FISH	2 Beef Stuffed Cabbage Steamed Carrots Rye Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: TUNA WRAP	3 Baked Turkey Breast Mashed Sweet Potatoes Sautéed Green Beans Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: EGG FRITTATA	4 Baked Flounder Orzo w/ Fried Onions Roasted Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: SLICED DELI TURKEY	5 Apricot Glazed Chicken Sweet Noodle Kugel Steamed Spinach Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: GEFILTE FISH	
	8 Hamburgers Rosemary Roasted Potatoes Lettuce, Tomato, Onion, Cole Slaw Bun, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: EGG SALAD	9 Chicken Shawarma Hummus, Tahini Israeli Salad Pita Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: EGG FRITTATA	10 Beef Stew Mashed Potatoes Tossed Salad w/ Dressing Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: TUNA SALAD	11 Baked Salmon Sweet Potato Grilled Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: CHICKEN SALAD	12 Roasted Chicken Baked Potato Vegetable Ratatouille Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: GEFILTE FISH	
	16 Roast Beef Mashed Potatoes Sautéed Spinach Dinner Roll, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: TUNA SALAD	17 Fillet of Sole Sweet Potato California Blend Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: EGG FRITTATA	18 CLOSED FOR PASSOVER	19 CLOSED FOR PASSOVER	20 CLOSED FOR PASSOVER	21 CLOSED FOR PASSOVER
	22 CLOSED FOR PASSOVER	23 CLOSED FOR PASSOVER	24 CLOSED FOR PASSOVER	25 CLOSED FOR PASSOVER	26 CLOSED FOR PASSOVER	
	29 Grilled Chicken Sandwich Veg Soup, Red Cabbage Salad Lettuce, Tomato, Onion Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: TUNA SANDWICH	30 Chicken Francaise Rice Mixed Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: BAKED BREADED FISH	May 1 Pepper Steak Steamed Rice Roasted Peppers Rye Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: EGG SALAD	May 2 Mediterranean Flounder Couscous Roasted Eggplant Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: CHICKEN SALAD	May 3 Moroccan Chicken Brown Rice Green Beans Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: GEFILTE FISH	

* To maintain dietary laws of kashrut - separation of meat and dairy - milk is served frozen.

**Alternate options are available on all days. Requests for alternate meals must be placed by Wednesday of the previous week.

*** SUBJECT TO CHANGE