

BAYSWATER SENIOR CENTER

2716 HEALY AVENUE - FAR ROCKAWAY, NY 11691

(718) 327.0297 - www.bayswatercenter.org

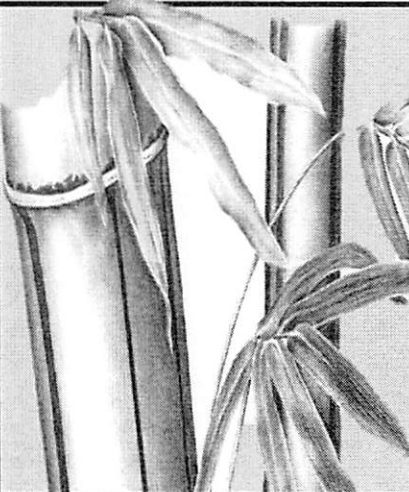
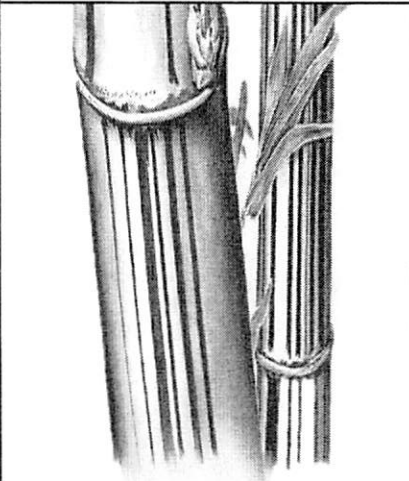
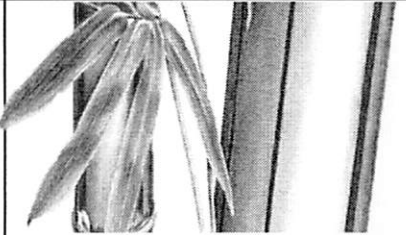
MENU for February 2019

CATERED BY



DIPLOMAT CATERER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 Italian Roasted Chicken Baked Sweet Potato Steamed Cabbage Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE: GEFILTE FISH
	4 Stuffed Pepper w/ Turkey Barley Yellow Squash Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE: TUNA SALAD	5 Sesame Chicken Lo Mein Oriental Vegetables Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE: BAKED BREADED FISH	6 Beef Stew Mashed Potatoes California Blend Vegetables Rye Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE: VEGGIE BURGER	7 Moroccan Salmon Brown Rice String Beans Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE: CHICKEN SALAD	8 Baked Chicken Potato Kugel Carrots & Raisins Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE: GEFILTE FISH
10 CENTER IS OPEN Chicken Francaise Rice Mixed Vegetables Bread, Margarine, Milk Fresh Fruit and Juice	11 Beef Lasagna Roasted Butternut Squash Garden Salad Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE: BAKED BREADED FISH	12 Yankee Pot Roast Mashed Potatoes Steamed Carrots Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE: EGG SALAD	13 Chicken Cacciatore Pasta w/ Sauce Italian Blend Vegetables Rye Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE: TUNA SALAD	14 Moroccan Flounder Couscous Roasted Eggplant Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE: SLICED TURKEY DELI	15 Hawaiian Chicken Brown Rice Normandy Blend Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: GEFILTE FISH
	18 Oven Fried Chicken Baked Potato Normandy Blend Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: VEGGIE BURGER	19 Pepper Steak Brown Rice Roasted Peppers Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: TUNA SALAD	20 Beef Stuffed Cabbage California Blend Vegetables Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE: BAKED BREADED FISH	21 Baked Salmon Baked Sweet Potato Grilled Vegetables Dinner Roll, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: CHICKEN SALAD	22 Moroccan Chicken Brown Rice Green Beans Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: GEFILTE FISH
	25 Roast Beef Mashed Potatoes Normandy Blend Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: EGG SALAD	26 Baked Breaded Chicken Culet w/ Mushroom Gravy Barley, Ratatouille Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: VEGGIE BURGER	27 Hamburgers Roasted Potatoes Lettuce, Tomato, Onion Bun, Margarine, Milk Fresh Fruit and Juice ALTERNATE: TUNA SALAD	28 Baked Breaded Pollack Basmati Rice Moroccan Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: EGG SALAD	

* 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