

**SAY
CHEESE**



BAYSWATER SENIOR CENTER

2716 HEALY AVENUE - FAR ROCKAWAY, NY 11691

(718) 327.0297 - www.bayswatercenter.org

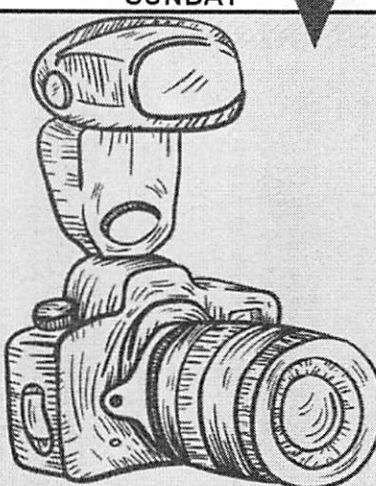
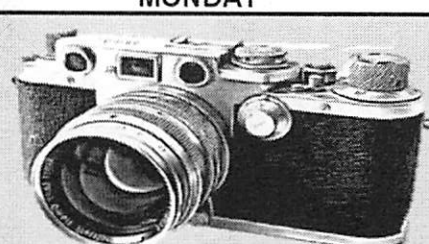
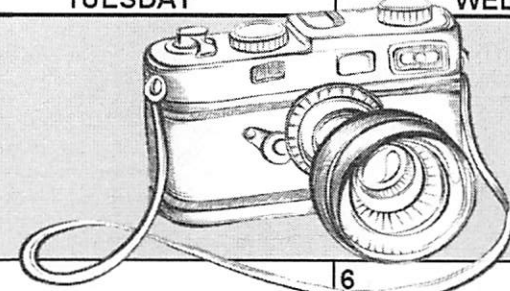
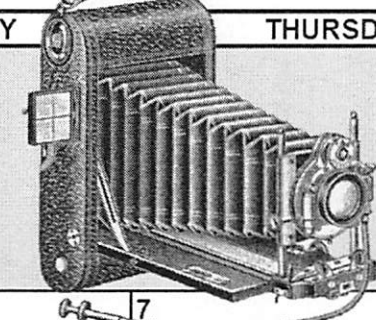
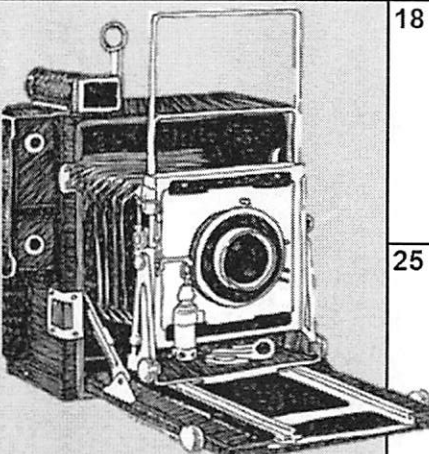
MENU for March 2019

CATERED BY



DIPLOMAT CATERER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					<p>1 Apricot Glazed Chicken Sweet Noodle Kugel Spinach Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE : GEFILTE FISH</p>
				<p>4 Sweet & Sour Meatballs Spaghetti & Sauce California Blend Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE : BAKED BREADED FISH</p>	<p>5 BBQ Chicken Breast Orzo w/ Fried Onions Grilled Vegetables Rye Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE : VEGGIE BURGER</p>
<p>10 CENTER IS OPEN Chicken Francaise Rice Mixed Vegetables Bread, Margarine, Milk Fresh Fruit and Juice</p>	<p>11 Stir-Fry Chicken Brown Rice Stir-Fry Vegetables Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : EGG FRITTATA</p>	<p>12 Beef Kofta Couscous, Tahini Roasted Vegetables Pita Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE : BAKED BREADED FISH</p>	<p>13 Chicken Marsala Fettuccini with Sauce Sautéed String Beans Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE : TUNA SALAD</p>	<p>14 Baked Flounder Barley Vegetable Ratatouille Roll, Margarine, Milk Apple Sauce and Juice ALTERNATE : SLICED TURKEY DELI</p>	<p>15 Italian Roasted Chicken Baked Sweet Potato Steamed Cabbage Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : GEFILTE FISH</p>
	<p>18 Turkey Breast Barley Normandy Blend Vegetables Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : TUNA SALAD</p>	<p>19 Rib Eye Roast Roasted Potatoes Mixed Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE : BAKED SALMON</p>	<p>20 Sesame Chicken Lo Mein Chinese Vegetables Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : EGG FRITTATA</p>	<p>21 CLOSED FOR PURIM</p>	<p>22 Baked Chicken Rice Moroccan Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE : GEFILTE FISH</p>
	<p>25 Baked Chicken Cutlet Roasted Butternut Squash Garden Salad Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE : BAKED BREADED FISH</p>	<p>26 Yankee Pot Roast Mashed Potatoes Steamed Carrots Bread, Margarine, Milk Baked Apple and Juice ALTERNATE : VEGGIE BURGER</p>	<p>27 Chicken Cacciatore Pasta w/ Sauce Italian Blend Vegetables Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : TUNA SALAD</p>	<p>28 Baked Flounder Couscous Roasted Eggplant Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : SLICED TURKEY DELI</p>	<p>29 Hawaiian Chicken Brown Rice Normandy Blend Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE : GEFILTE FISH</p>

* 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