



BAYSWATER SENIOR CENTER

2716 HEALY AVENUE - FAR ROCKAWAY, NY 11691

(718) 327.0297 - www.bayswatercenter.org



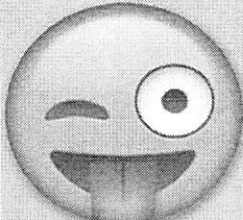
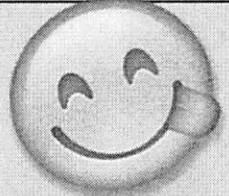

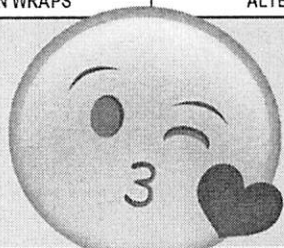
MENU for March 2020

CATERED BY



DIPLOMAT CATERER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 	2 Chicken Shawarma Hummus, Tahini Israeli Salad Pita Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: TUNA SALAD	3 Beef Bolognese <i>(pasta w/ meat sauce)</i> Caesar Salad Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: VEGGIE BURGER	4 Baked Turkey Breast Mashed Sweet Potatoes Sautéed String Beans Cranberry Relish, Bread, Margarine Milk*, Fresh Fruit and Juice ALTERNATE: SALMON SALAD	5 Poached Salmon Wild Rice Prince Edward Blend Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: CHICKEN WRAP	6 Apricot Glazed Chicken Sweet Noodle Kugel Capri Blend Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: GEFILTE FISH
	9 Deli Sandwich Turkey, Pastrami, Potato Salad Lettuce & Tomato Kaiser Roll, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: TUNA SANDWICH	10 CLOSED FOR PURIM	11 BBQ Chicken Cutlet Toasted Egg Barley w/ Onion Grilled Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: EGG FRITTATA	12 Mediterranean Flounder Couscous Roasted Eggplant Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: CHICKEN SALAD	13 Rosemary Chicken Potato Kugel California Blend Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: GEFILTE FISH
16 Turkey Breast Mashed Sweet Potatoes Sautéed String Beans Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: VEGGIE BURGER	17 Beef Stuffed Cabbage Boiled Potatoes Steamed Carrots Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: SALMON CROQUET	18 Chicken Cacciatore Fettuccini Italian Blend Vegetables Bread, Margarine, Milk* Fresh Fruit Cup and Juice ALTERNATE: EGG SALAD	19 Baked Salmon Baked Sweet Potato Roasted Zucchini Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: SLICED DELI TURKEY	20 Sweet & Sour Chicken Toasted Egg Barley w/ Onion Normandy Blend Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: GEFILTE FISH	
22 Chicken Francaise Rice Mixed Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice	23 Italian Meatballs Rice Caesar Salad Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: TUNA SALAD	24 Breaded Chicken Cutlet w/ Mushroom Gravy Orzo, Capri Blend Vegetables Rye Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: TOFU STIR FRY	25 Rib Eye Roast Boiled Potatoes Sweet Carrots Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: VEGGIE BURGER	26 Baked Breaded Fish Basmati Rice Vegetable Ratatouille Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: CHICKEN WRAPS	27 Lemon & Herb Chicken Kasha w/ Noodles California Blend Vegetables Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: GEFILTE FISH
	30 Pot Roast Boiled Potatoes Steamed Carrots Rye Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: EGG SALAD	31 Italian Herb Chicken Cutlet Rice Israeli Salad Bread, Margarine, Milk* Fresh Fruit and Juice ALTERNATE: TUNA 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