
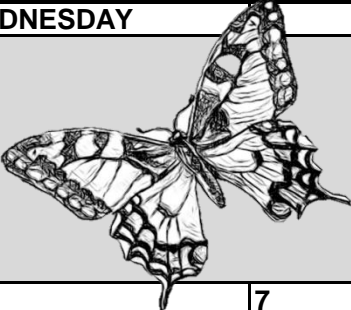







BAYSWATER SENIOR CENTER

2716 HEALY AVENUE - FAR ROCKAWAY, NY 11691

(718) 327.0297 - www.bayswatercenter.org

MENU for September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Have a loved one you know and trust get paid to take care of you - Call us to find out how!		 		1 Roasted Chicken Potato Kugel Carrot Tzimmes Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : GEFILTE FISH	
	 718-843-1333 cocoonhc.com					
	Join the CDPAP Program! NO CERTIFICATION NECESSARY		4 Veggie Burger Baked Potato Garden Salad Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : EGG SALAD	5 Sweet & Sour Meatballs Spaghetti Normandy Blend Vegetables Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : CHICKEN SALAD	6 Honey Mustard Chicken Cutlet Mashed Potatoes/ Green Beans Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : TUNA SALAD	7 Salmon in Garlic Butter Orzo Creamed Spinach Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : TURKEY SANDWICH
10 CENTER IS OPEN Sesame Chicken Lo Mein Chinese Vegetables Bread, Margarine, Milk Fresh Fruit and Juice	11 Teriyaki Chicken Cutlet Garlic Rosemary Potatoes Oriental Blend Vegetables Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : EGG SALAD	12 Beef Stuffed Cabbage Mashed Potatoes Steamed Carrots Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : CHICKEN SALAD	13 Grilled Chicken Salad Potato Salad Fresh Vegetables Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : TUNA SALAD	14 Baked Flounder Sweet Potato Broccoli Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : TURKEY SANDWICH	15 Rosemary Chicken Noodle Kugel Mixed Vegetables Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : GEFILTE FISH	
	18 Chicken Marsala Baked Potatoes Green Beans Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : EGG SALAD	19 Pasta Bolognese Roasted Eggplant Tossed Salad Bread, Margarine, Milk Fresh Fruit, Juice, Honey Cake ALTERNATE : CHICKEN SALAD	20 	21 CLOSED FOR JEWISH NEW YEAR		
	25 Turkey Chili with Sauteed Vegetables White Rice Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : EGG SALAD	26 Oven Fried Chicken Baked Yams String Beans Bread, Margarine, Milk Fresh Fruit, Juice, Brownies ALTERNATE : CHICKEN SALAD	27 Beef Burger Roasted Potatoes Lettuce & Tomato Bun, Margarine, Milk Fresh Fruit and Juice ALTERNATE : TUNA SALAD	28 Spinach Stuffed Fish Rice Pilaf Normandy Blend Vegetables Bread, Margarine, Milk Fresh Fruit and Juice ALTERNATE : TURKEY SANDWICH	22  CLOSED FOR JEWISH HOLIDAY OF YOM KIPPUR	

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

* SUBJECT TO CHANGE

Funded by NYC Department for the Aging - Sponsored by Young Israel Programs