

MENU

JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monday / Wednesday / Thursday / Friday: Reservations are needed by noon the day before. Lunch is served at 11:45AM.</p> <p>Tuesday's "Breakfast for Lunch": Reservations are not necessary. It is served 10:30AM-12:00 noon.</p> <p>A contribution of \$3.50 is requested for those age 60+; \$4.50 for those under age 60.</p> <p><i>The lunch program is sponsored by the US Administration on Aging, the NY State Office for Aging, Broome County Office for Aging and JCSC participants.</i></p>		<p><u>Soup, Salad & Sandwich Bar</u></p> <p>Every Wednesday & Thursday</p> <p>Soup, small salad and sandwich available. This menu changes seasonally. Thank you for understanding!</p> <p>\$3.50 for Seniors. No reservation needed. Walk-ins welcome.</p>		<p><u>Non-Concentrated Sweets</u></p> <p>A non-concentrated sweets (NCS) lunch menu option is available for those who are watching sugar and calorie intake. If you would like to take advantage of this option, please request it when reserving your lunch.</p>
<p>3</p> <p>Chicken Alfredo over Rotini Pasta Spinach Sliced Carrots Banana</p>	<p>4</p> <p>Breakfast for Lunch Pancakes Eggs/Omelets Bacon, Hash Browns, Toast Fruit, Juice & Coffee</p>	<p>5</p> <p>Braised Mexican Pork OR Italian Chicken Mexican Rice Peas Lemon Pudding w/ Topping</p>	<p>6</p> <p>Cheese Baked Penne Casserole Broccoli Orange Cranberry Bar</p>	<p>7</p> <p>Beef Burgundy OR Spinach Parmesan Pollack Summer Squash & Carrots Buttered Noodles Pineapple & Mandarin Oranges</p>
<p>10</p> <p>Cheese Lasagna Bake Cauliflower w/ Parsley Banana Sugar Cookie</p>	<p>11</p> <p>Breakfast for Lunch Waffles Eggs/Omelets Sausage, Hash Browns, Toast Fruit, Juice & Coffee</p>	<p>12</p> <p>Herb-Crusted Pork OR Citrus-Herbed Pollack Couscous Pilaf Peas w/ Sautéed Mushrooms Fruit Gelatin w/ Topping</p>	<p>13</p> <p>Hot Dog OR Chicken Spiedies on Roll Baked Beans Red Potato Salad Black Forest Pudding</p>	<p>14</p> <p><i>Father's Day Luncheon</i> Salmon Patty w/ Dill OR Sliced Roast Beef w/ Gravy Mashed Potatoes Capri Veggies Banana Cake</p>
<p>17</p> <p>Macaroni & Cheese Stewed Tomatoes Sliced Carrots Chocolate Chip Cookie</p>	<p>18</p> <p>Breakfast for Lunch French Toast Eggs/Omelets Bacon, Hash Browns, Toast Fruit, Juice & Coffee</p>	<p>19</p> <p><i>Senior Picnic at SUNY Broome</i> BBQ Chicken Sandwich Baked Beans Red Potato Salad Strawberry Shortcake</p>	<p>20</p> <p>Beef Stroganoff Buttered Noodles Garden Salad Vanilla Pudding w/ Mandarin Oranges</p>	<p>21</p> <p>Meatloaf w/ Gravy OR Spinach Parmesan Pollack Baked Potato w/ Sour Cream Summer Squash & Carrots Raspberry Brownie Delight</p>
<p>24</p> <p>Ham Steak w/ Honey Mustard Sauce Au Gratin Potatoes Peas Oatmeal Raisin Cookie</p>	<p>25</p> <p>Breakfast for Lunch Breakfast Sandwich on an English Muffin Eggs/Omelets Sausage, Hash Browns, Toast Fruit, Juice & Coffee</p>	<p>26</p> <p>Liver w/ Onions OR Chicken Cacciatore Mashed Potatoes w/ Gravy Waxed Beans w/ Parsley Gingerbread Cake</p>	<p>27</p> <p>Perogies w/ Kielbasa & Onions Sliced Carrots Ice Cream Cup</p>	<p>28</p> <p>Broiled Fish w/ Lemon OR Sliced Roast Beef Macaroni & Cheese Green Beans Fresh Whole Apple</p>