

## SNAP of Eastern Queens Luncheon Menu - October 2022

October 2022							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	<b>3</b> Sesame Chicken Brown Rice Oriental Blend Vegetables  (Tuna Fish Salad)	<b>4</b> Pot Roast Baked Potato Broccoli Florets  (Tuna Fish Salad)	<b>5</b>  (Yom Kippur)	<b>6</b> Meatloaf Mashed Potatoes Spinach  (Deli Roast Beef)	<b>7</b> Kielbasa with Sauerkraut Potato Pancakes Whole Baby Carrots  (Deli Roast Beef)	8	
9	<b>10</b> Fish with Creole Sauce Brown Rice Okra  (Deli Turkey Breast)	<b>11</b> Beef Stew Bowtie Pasta Green Beans  (Deli Turkey Breast)	<b>12</b> Chicken Fajitas Brown Rice with Beans Cut Corn  (Avocado Egg Salad)	<b>13</b> Vegetable Lasagna Whole Baby Carrots Italian Blend Vegetables (Avocado Egg Salad)	<b>14</b> Italian Sausage with Peppers & Onions Penne Brussel Sprouts  (Avocado Egg Salad)	15	
16	<b>17</b> Salisbury Steak Cauliflower Mash Spinach  (Seafood Salad)	<b>18</b> Sloppy Joes Roasted Potatoes Mixed Vegetables  (Seafood Salad)	<b>19</b> Mushroom Chicken Couscous Broccoli Florets  (Turkey Salad)	<b>20</b> Breaded Fish Filletts Baked Sweet Potato Green Beans  (Turkey Salad)	<b>21</b> Vegetarian Meatballs Spaghetti Italian Blend Vegetables  (Turkey Salad)	22	
23	<b>24</b> Vegetarian Lo Mein Broccoli Florets Oriental Blend Vegetables  (Chicken Salad)	<b>25</b> Salmon Cakes Cauliflower Potato Mash Spinach  (Chicken Salad)	<b>26</b> Cheese- Burger Sweet Potato Fries Green Beans (Salmon Salad)	<b>27</b> Pork Chops Macaroni and Cheese Collard Greens  (Salmon Salad)	<b>28</b> BBQ Chicken Baked Potato Wedges Cut Corn  (Salmon Salad)	29	
30	<b>31</b> Asian Style Honey Chicken Brown Rice Pilaf Chinese Style Cauliflower  (Deli Turkey Breast) (Halloween)	SNAP of Eastern Queens Older Adult Center 80-45 Winchester Blvd. Bldg. 4, CBU 29 Queens Village, NY 11427 718-454-2100 Snapqueens.org				A Not-for-Profit agency funded under contract with the NYC Department for the Aging as part of the Older Americans Act Program	

