

SNAP of Eastern Queens Lunch Menu - November 2025

Mon	Tue	Wed	Thu	Fri
3 Egg Drop Soup Lo Mein with Chickpeas Whole Baby Carrots Broccoli Florets <i>Bagel w/Lox & Cream Cheese</i>	4 Meatloaf Garlic Mashed Potatoes Spinach <i>Bagel w/Lox & Cream Cheese</i>	5 Curried Chicken Coconut Rice Garlic Snap Peas <i>Avocado Egg Salad</i>	6 Roast Turkey Breast Baked Sweet Potato Green Beans <i>Avocado Egg Salad</i>	7 Lemon Garlic Baked Fish Bulgar Butternut Squash <i>Avocado Egg Salad</i>
10 Pepper Steak Brown Rice Asian Inspired Asparagus <i>Caprese Sandwich & Chips</i>	11 	12 Pork Chops Macaroni and Cheese Collard Greens <i>Tuna Salad w/Eggs</i>	13 Baked Fish Oreganata Roasted Potatoes Mixed Vegetables <i>Caprese Sandwich & Chips</i>	14 Chicken Parmesan Penne California Blend Veg. <i>Tuna Salad w/Eggs</i>
17 Turkey Meatloaf Mashed Potatoes Spinach <i>Pizza Bagel</i>	18 Baked Fish Amandine Quinoa Brussels Sprouts <i>Pizza Bagel</i>	19 Cheeseburger with Lettuce, Tomato & Onion Slices Baked Potato Wedges Green Beans <i>Seafood Salad</i>	20 Chicken Hawaiian Egg Noodles Whole Baby Carrots <i>Seafood Salad</i>	21 Vegetable Soup Veggie Chili Brown Rice Broccoli and Cauliflower <i>Veggie Burger</i>
24 Baked Fish w/Garlic Parmesan Crust Brown Rice Garlic Snap Peas <i>Avocado Toast & Hard Boiled Eggs</i>	25 Chicken Cacciatore Penne Italian Blend Vegetables <i>Avocado Toast & Hard Boiled Eggs</i>	26 Roast Turkey w/Stuffing Baked Sweet Potato Whole Green Beans	27 	28 
	SNAP of Eastern Queens OAC 8045 Winchester Blvd. Bldg 4 Queens Village, NY 11427 (718) 454-2100 Snapqueens.org		A Not-for-Profit agency funded under contract w/ the New York City Department for the Aging as part of the Older Americans Act	