

AUGUST 2026

SNAP of Eastern Queens Lunch Menu - August 2026

Mon	Tue	Wed	Thu	Fri
3 Fish w/ Tomatoes & Herbs Brown Rice Pilaf Small Veggie Burger Prince Edward Blend Veg. <i>Turkey Burger</i>	4 Roast Turkey Breast Baked Sweet Potato Green Beans <i>Veggie Burger</i>	5 Pot Roast with Gravy Baked Potato w/ Sour Cream Whole Baby Carrots <i>Tuna Fish Salad</i>	6 Vegetable Soup w/ Crockers Eggplant Parmesan Spaghetti with Sauce Spinach <i>English Muffin Pizza</i>	7 Chicken Hawaiian Apple Noodle Kugel Sugar Snap Peas <i>Tuna Fish Salad</i>
10 Cauliflower Soup w/ Crockers Sundried Tomato Chickpea Burger Roast Sweet Potato Fries Roasted Eggplant <i>Veggie Burger</i>	11 Roast Pork Loin Mashed Potatoes Red Cabbage with Sliced Apples <i>Yogurt Parfait & Bran Muffin</i>	12 Baked Breaded Fish Fillet Potato Soufflé Broccoli Florets <i>Turkey Salad</i>	13 Italian Meatballs Spaghetti with Tomato Sauce Italian Cut Green Beans Garden Salad with Chickpeas <i>Turkey Salad</i>	14 Baked Chicken Noodles and Cabbage California Blend Vegetables <i>Yogurt Parfait & Bran Muffin</i>
17 Oven Fried Chicken Egg Barley with Mushrooms Asparagus <i>English Muffin Pizza</i>	18 Teriyaki Baked Fish Brown Rice Oriental Blend Vegetables <i>English Muffin Pizza</i>	19 Tomato & Rice Soup w/ Crockers Rotini with Spinach & Chickpeas Italian Blend Vegetables <i>English Muffin Pizza</i>	20 Salmon Cakes w/ Dill Sauce Cauliflower & Potato Mash Whole Baby Carrots <i>Chicken Salad</i>	21 Beef and Lentil Stew Egg Noodles Collard Greens <i>Chicken Salad</i>
24 Creamy Mushroom Soup Veggie Chili Brown Rice Broccoli and Cauliflower <i>English Muffin Veggie BLT</i>	25 Meatloaf with Mushroom Gravy Roasted Potatoes Whole Baby Carrots <i>English Muffin Veggie BLT</i>	26 Jerk Chicken Coconut Rice Zucchini w/ Onions & Peppers <i>Avocado Egg Salad</i>	27 Roast Turkey Breast Baked Sweet Potato Green Beans <i>Avocado Egg Salad</i>	28 Moroccan Fish Vegetable Couscous Spinach <i>Avocado Egg Salad</i>
31 Pepper Steak Egg Noodles Asian Inspired Asparagus Hummus & Veggie Stuffed Pita				A Not-for-Profit agency funded under contract with the NYC Department for the Aging as part of the Older Americans Act

Menu subject to change without notice

