

LUNCHEON MENU FOR JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) HAPPY NEW YEAR <i>Vegetable or</i>	3) SWEDISH MEATBALLS <i>Split Pea Soup</i>	4) VEGETARIAN LASAGNA <i>or Lentil Soup &</i>	5) LEMON PEPPER BAKED FISH <i>Tuna Fish or</i>	6) TURKEY BREAST W/GRAVY <i>Egg Salad Sandwich</i>
9) ROAST LOIN OF PORK W/GRAVY <i>Vegetable or</i>	10) TUNA FISH SALAD <i>Chicken Noodle</i>	11) ITALIAN MEATBALLS <i>Soup & Turkey or</i>	12) CHICKEN HAWAIIAN <i>Ham & Swiss</i>	13) BAKED FISH ALMANDINE <i>Cheese Sandwich</i>
16) MARTIN LUTHER KING DAY	17) SALISBURY STREAK WITH MUSHROOM GRAVY <i>Tomato Rice or</i>	18) EGGPLANT PARMIGIANA WITH MEATSAUCE <i>Split Pea Soup &</i>	19) CHICKEN MARSALA <i>Tuna Fish or Egg</i>	20) POT ROAST WITH GRAVY <i>Salad Sandwich</i>
23) SESAME CHICKEN Happy Chinese New Year <i>Vegetable Soup</i>	24) PARMESAN BAKED FISH <i>or Lentil Soup</i>	25) MEAT LOAF WITH MUSHROOM GRAVY <i>Turkey or Ham &</i>	26) POT ROAST WITH GRAVY <i>Swiss Cheese</i>	27) CHICKEN CUTLET W/TOMATO & BASIL <i>Sandwich</i>
30) CHICKEN PARMIGIANA <i>Chicken Noodle Soup</i>	31) LOW-SODIUM BAKED HAM W/RAISIN SAUCE <i>& Roast Beef Sandwich</i>			

Lunch is served from 12:00 - 1:00 Mon., Tues. And Wed. and from 12:30 - 1:30 Thurs. And Fri. Suggested Donation \$2.50. Your support helps sustain our program! Menus are subject to change without notice.

LUNCHEON OPTIONS – JANUARY 2012
SOUP AND SANDWICH

January 2 – 6	Split Pea or Lentil Soup Tuna Fish Salad or Egg Salad Sandwich
January 16 – 20	Vegetable Soup or Chicken Noodle Soup Turkey or Ham & Swiss Cheese Sandwich
January 16 – 20	Tomato Rice Soup or Split Pea Soup Tuna Fish Salad or Egg Salad Sandwich
January 23 – 27	Vegetable Soup or Lentil Soup Turkey or Ham & Swiss Cheese Sandwich
January 30 – 31	Chicken Noodle Soup Roast Beef Sandwich

BREAKFAST FOR YOUR BRAIN
MONDAYS AT 9:00 IN THE LIBRARY

Just like breakfast is important for your body, mind stimulation is important for your brain health. Join SNAP's new Case Worker, Kathleen, and your peers every Monday morning at 9:00 in the library for a breakfast snack and a new activity every week that uses a different part of your brain.



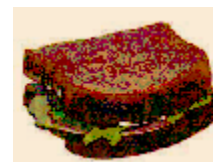
Make the choice to work toward improving your memory, thinking more clearly, having a more positive attitude and a healthier lifestyle. Join BREAKFAST FOR YOUR BRAIN every Monday morning. (There is a \$1.00 contribution per class requested to cover the cost of the breakfast. Thank you!) See you on Mondays.....

LUNCHEON OPTIONS AT THE NEW INNOVATIVE SNAP OF EASTERN QUEENS SENIOR CENTER JANUARY 2012

As a new Innovative Senior Center, SNAP is delighted to offer you luncheon choices beginning this month. During January you may choose from the suggested luncheon menu or the optional Soup and Sandwich menu. Each soup and sandwich lunch will consist of:



Vitamin C enriched Juice
Soup of the Day with Crackers
Sandwich of the Day with Lettuce & Tomato
Three Bean Salad, Cole Slaw or Potato Salad
Fruit Dessert
1 % Milk



The soup and sandwich options for this month are:

- January 2-6 Split Pea or Lentil Soup / Tuna Fish or Egg Salad Sandwich
- January 9-13 Vegetable or Chicken Noodle Soup/Turkey or Ham & Swiss Cheese Sandwich
- January 16-20 Tomato Rice or Split Pea Soup/ Tuna Fish or Egg Salad Sandwich
- January 23-27 Vegetable or Lentil Soup/Turkey or Ham & Swiss Cheese Sandwich
- January 30-31 Chicken Noodle Soup/Roast Beef Sandwich

In the months to come SNAP plans to offer additional choices of lighter fare luncheons for your dining pleasure. Please feel free to speak with Marian about your thoughts and suggestions for future meals or use the tear off sheet below to record your ideas. In order to provide the meals which you want, we need your feedback. Thank you!



Meal Suggestions for the New Innovative SNAP of Eastern Queens Senior Center

- 1)
- 2)
- 3)