



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.</p>	<p><b>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</b></p> <p><b>RESERVATION REQUIRED</b> Call 718-884-5900 ext. 10</p>			<p>1 Baked Chicken Quarters Baked Red Potato Wedges Whole Wheat Bread Brussel Sprouts Canned Pineapple Milk</p>
<p>4 Beef and Turkey Meatloaf with Mushroom Gravy Egg Noodles Whole Wheat Bread Sautéed String Beans Apple Juice Fruit Cocktail Milk</p>	<p>5 Arroz con Pollo Chicken breast and Rice Whole Wheat Bread Tossed Salad with Dressing Baked Apple with Honey Milk</p>	<p>6 Nice Vegetable Soup Baked Fish with Black Bean Sauce Whole Wheat Bread Yellow Plantains Steamed Spinach with Soy Sauce Apple Sauce Milk</p>	<p>7 Ginger Garlic Beef Stew Homemade Mashed Potatoes Broccoli with Red Peppers Canned Pears Grape Juice Milk</p>	<p>8 Chicken Chasseur Apple Walnut Stuffing Capri Blend Vegetables Sliced Sliced Peaches Orange Pineapple Juice Milk</p>
<p>11 Coconut Curried Cod Fish Rice with Vegetables Whole Wheat Bread Steamed Broccoli Apple Juice Canned Mandarin Oranges Milk</p>	<p>12 Chicken Caprese Kasha Whole Wheat Bread Steamed Spinach Orange Milk</p>	<p>13 Beef Pot Roast Homemade Mashed Potatoes Whole Wheat Bread Zucchini with Onions and Peppers Orange Pineapple Juice Slice Canned Peaches Milk</p>	<p>14 Smothered Pork Chops Mashed Sweet Potatoes Whole Wheat Bread Oriental Blend Applesauce Grape Juice Milk</p>	<p>15 Chicken Meatballs with Carrot Sauce Spaghetti Whole Wheat Bread Collard Greens Apple Juice Frozen Mixed Berries Milk</p>
<p>18 Baked Breaded Fish Baked Potatoes Whole Wheat Bread Normandy Blend Banana Grape Juice Milk</p>	<p>19 Chicken Fricassee Quinoa with Kale and Carrots Whole Wheat Bread California Blend Vegetables Fruit Cocktail Orange Pineapple Juice Milk</p>	<p>20 Beef and Turkey Meatloaf with Mushroom Gravy Smashed Red Potatoes Whole Wheat Bread Steamed Broccoli Apple Milk</p>	<p>21 Jumbo Stuffed Shells with Spinach Whole Wheat Bread Mixed Green Salad Applesauce Grape Juice Milk</p>	<p>22 Baked Asian Style Honey Chicken Baked Brown Rice Green Beans Sauté Whole Wheat Bread Milk</p>
<p>25 Baked Fish with Garlic Sauce Egg Noodle Brussels Sprout Fruit Cocktail Apple Juice Whole Wheat Rolls Milk</p>	<p>26 Chicken and Broccoli Stir Fry Brown Rice Whole Wheat Bread Baby Spinach Salad Orange Pineapple Juice Slice Canned Peaches Milk</p>	<p>27 Eggplant Parmesan Bowtie Pasta Whole Wheat Bread Steamed Kale Canned pineapple Grape Juice Milk</p>	<p>28 Black Bean Soup Chicken Shawarma (Oven Roasted) Home Fries with Peppers and Onions Whole Wheat bread Mixed Green salad Orange Milk</p>	<p>29 Hungarian Goulash with Beef Egg Noodles Whole Wheat Bread Steamed Spinach Canned Pears Orange Pineapple Juice Milk</p>