



February 2022 Grab & Go Menu YI Forest Hills Senior League

Pick -up at 12:00 pm: Tuesdays (2 meals) & Thursdays (3 meals)

All members MUST make a reservation in order to receive meals

As per the new DFTA requirement, all senior programs must offer a vegetarian lunch option as the main lunch once a week. Our menu's now reflect the new mandate & a vegetarian lunch is served as the main lunch once a week.

Grab-and-Go Meal Reservation instructions:



Make a meal reservation by calling **347-454-1452**. Leave a message with your first and last name and a call back number. We will call you the day before distribution to confirm your reservation. Meals are given out on a first-call-first serve basis. **A separate reservation must be made for every pick-up day.**

Please note the following menu schedule:

Tuesday meal pick up is the Monday and Tuesday Menu

Thursday meal pick up is the Wednesday, Thursday, and Friday menu

Menus are subject to change

	Tuesday	Wednesday	Thursday	Friday
 <p>Each meal comes with an 8 ounce container of low fat milk. For those following a Kosher diet, milk should not be consumed with a meat meal.</p>	<p>1</p> <p>Oven Fried Chicken Whole Wheat Bread Toasted Egg Barley W/ Mushroom & Onion Vegetable Ratatouille Fruit & Juice</p>	<p>2</p> <p>Vegetarian Stuffed Cabbage Whole Wheat Bread Mashed Potato Steamed Carrots Fruit & Juice</p>	<p>3</p> <p>Moroccan Salmon Whole Wheat Bread Brown Rice Green Bean Sauté Fruit & Juice</p>	<p>4</p> <p>Rosemary Chicken Challah Bread Potato Kugel Roasted Zucchini Fruit & Juice</p>
<p>7</p> <p>Beef Stew Whole Wheat Bread Barley California Blend Vegie Fruit & Juice</p>	<p>8</p> <p>Boneless Chicken w/ Mustard Sauce Whole Wheat Bread Brown rice w/ Mushrooms Roasted Peppers Fruit & Juice</p>	<p>9</p> <p>Pasta Primavera W/W Dinner Roll Cucumber Salad Fruit & Juice</p>	<p>10</p> <p>Asian Beef Whole Wheat Bread Brown Rice Oriental Blend Veg. Fruit & Juice</p>	<p>11</p> <p>Orange Glazed Chicken W/ Rosemary Challah Bread Orzo with Vegetables Winter Blend Veg. Fruit & Juice</p>
<p>14</p> <p>Vegetable Cutlet Whole Wheat Bread Baked Sweet Potato California Blend Veg Fruit & Juice</p>	<p>15</p> <p>Chicken Shawarma (gyro) Pita Bread Israeli Salad Humus Fruit & Juice</p>	<p>16</p> <p>Pepper Steak Whole Wheat Bread Brown Rice Oriental Blend Veg. Fruit & Juice</p>	<p>17</p> <p>Baked Salmon W/ Dill Sauce Whole Wheat Bread Orzo with Vegetables Normandy Blend Veg. Fruit & Juice</p>	<p>18</p> <p>Hawaiian Chicken Legs Challah Bread Sweet Noodle Kugel Capri Blend Veg. Fruit & Juice</p>
<p>21</p> <p>Fish "N" Chips Whole Wheat Bread Roasted potato "Chips" Caesar Salad Fruit & Juice</p>	<p>22</p> <p>Chicken Marsala Whole Wheat Bread Rice Pilaf Roasted String Beans Fruit & Juice</p>	<p>23</p> <p>Beef Hamburger Hamburger Bun Roasted Potatoes Cucumber Salad Lettuce and Tomato Fruit & Juice</p>	<p>24</p> <p>Moroccan Chickpea Stew Whole Wheat Bread Basmati Rice Moroccan Vegetables Fruit & Juice</p>	<p>25</p> <p>Sweet & Sour Chicken Challah Bread Toasted Egg Barley with Fried Onion Steamed Cabbage Fruit & Juice</p>
<p>28</p> <p>Rib Eye Roast Whole Wheat Bread Baked Potato California Blend Veg. Fruit & Juice</p>	<p>  <i>Meals are catered by Diplomat Catering, a family-owned catering business in the Bronx, New York. All food is certified kosher by the Orthodox Union (OU) & the CRC.</i> </p> <p>Meal pick-up Location: 68-07 Burns Street, Forest Hills NY 11375 ~ 718-520-2305</p> <p><i>Funded under contract with the NYC department for the aging, NYC Council Member Karen Koslowitz, Assemblyman Andrew Hevesi & private contributions</i></p>			