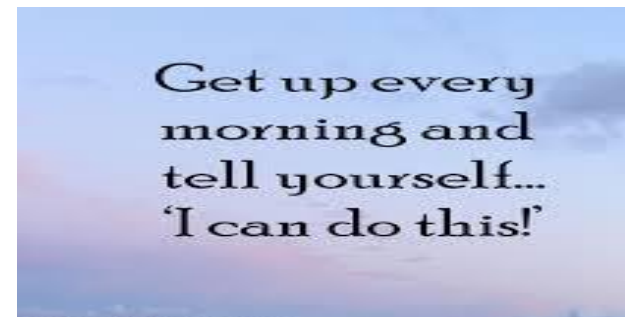




# August MENU

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
			<b>1</b> Sweet and Sour Chicken Thighs Brown Rice 1 cup Roasted Mushrooms Sautéed Bok Choy	<b>2</b> Beef Brisket w/ Tomatoes & Onion, Orzo Mixed Green Salad Roasted Zucchini
<b>5</b> Sesame Crusted Salmon, Wild Rice Broccoli & Red Peppers Tossed Salad	<b>6</b> Soup: Chicken Barley & Vegetable Cheeseburger w/ Onions, Baked Fries Green Bean Sauté	<b>7</b> Honey Mustard Chicken Breast Orzo with Vegetables Spinach, Apple and Red Onion Salad	<b>8</b> Grilled Chicken Breast Spinach and Basil Pesto Whole Wheat Spaghetti Steamed Carrots	<b>9</b> Vegetable Baked Ziti with WWPasta Sautéed Spinach
<b>12</b> Chicken and Broccoli Stir Fry White Rice Oriental Blend	<b>13</b> BBQ Pulled Pork Cole Slaw Sweet and Tangy Sautéed Collard Greens	<b>14</b> Egg Drop Soup Pepper Flank Steak Egg Noodles Broccoli with Toasted Garlic	<b>15</b> Whole Roasted Chicken California Blend Vegetables Cheddar and Potato Bake	<b>16</b> Baked Flounder, Brown Rice Pilaf, Kale, Romaine, Apple, Red Cabbage & Parmesan Salad
<b>19</b> Chicken Parmesan Fettucini with Sauce Sautéed Spinach	<b>20</b> Coconut Curried Cod Fish Baked Red Potato Wedges California Blend Vegetables	<b>21</b> Soup: Broccoli & Potato, Chicken Salad Carrot Apple Raisin Salad Herb Potato Salad w/ Mustard Vinaigrette	<b>22</b> Oven Baked Pork Chops Brown Rice Chinese Style Bok Choy	<b>23</b> Stuffed Shells with Cheese Garden Salad
<b>26</b> Minestrone Soup Cheeseburger w/ Onions Arugula Salad with Balsamic Vinegar Baked Sweet Potato	<b>27</b> Broccoli Cheese Quesadilla Mexican Confetti Rice Tossed Salad with Dressing	<b>28</b> BBQ Chicken Leg Quarters Baked Macaroni and Cheese Kale with Tomato	<b>29</b> Ground Beef Stuffed Bell Peppers with Cheese Cauliflower with Carrots and Parsley	<b>30</b> Lemon Salmon Pasta Salad Beet Salad Mixed Green Salad

FROZEN-AUGUST- 3	FROZEN-AUGUST -10	FROZEN AUGUST- 17	FROZEN AUGUST 24	FROZEN AUGUST-31
Chickpea Stew Hawaiian Chicken Legs Multigrain Bread Perfect White Rice Steamed Kale	Chicken Parmesan Spaghetti Kale with Tomato	Baked Chicken Quarters Tomato Sauce Ziti Steamed Broccoli Steamed Carrots	Arroz con Pollo Chicken Breast and Rice Broccoli with Toasted Garlic	Mushroom, Red Pepper and Onion Sauté Rice Pilaf Steamed Broccoli

**Individuals age 60 & over will Not be Denied a meal, if not able to give the \$2.00 suggested donation,**

**Your contribution goes towards the enhancement of the senior center's Programming.**

# **PLEASE READ: IMPORTANT MESSAGE**

- Lunch Meal is Subject to Change,
- **One does Not have to be a member of Stein to participate in lunch & Information & Referrals,**
- All lunches contain a Cold Pack- 1% MILK, FRUIT, JUICE,
- **All Donations must always remain ANONYMOUS & Entered in a locked box. We do not allow Hand-To-Hand money exchange. If you need to make change- Please see a staff member,**
- **Individuals age 60 & over will Not be denied a meal, if not able to give the \$2.00 suggested donation,**
- **Your contribution goes towards the enhancement of the senior center's Programming.**
- **After 1pm- If any food is left over- Guest under age 60, wishing to eat... Are REQUIRED to pay \$5.00**



## **Stop Foodborne Illness**

### **POLICY AT STEIN**

**PLEASE DO NOT TAKE FOOD OUTSIDE THE SENIOR CENTER FOR LATER CONSUMPTION. TAKING FOOD OUTSIDE THE CENTER POSES A HEALTH HAZARD. THE PROGRAM WILL NOT BE RESPONSIBLE FOR FOOD- BORNE ILLNESS RESULTING FROM THIS PRACTICE. STAFF WILL NOT PROVIDE YOU WITH PLASTIC BAGS, SARAN WRAP, ALUMINUM FOIL OR FOOD CONTAINERS. WE THANK YOU FOR FOLLOWING THE POLICY SET FORTH BY THE NYC DEPARTMENT OF HEALTH & MENTAL HYGIENE, THE NYC DEPARTMENT FOR THE AGING & STEIN NEIGHBORHOOD SENIOR CENTER.**

**Funded in part by: The Department for the Aging**