

Stein Neighborhood Senior Center
 204 East 23rd Street 2nd Floor
 Manhattan, New York 10010

Business Days: Mondays- Fridays
 Business Hours: 8:30am-4:30pm
 Funded in part by: NYC DFTA

MENU'S- APRIL 2018

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	FROZEN MEAL
2 Salmon Garlic Butter Sauce Zuucchini Rice Pilaf Stir Fry Kale & Broccoli Whole Wheat Dinner Roll Apple Juice Tangerine	3 Sofrito Steak Beet, Arugula & Feta Salad Roasted Potato Whole Wheat Dinner Roll Orange Pineapple Juice Fresh Pair	4 Honey Mus. Chicken Breast Roasted Vegetable Couscous Garden Salad Grape Juice (Unsweetened) Fresh Peach	5 Tuna Fish Salad Carrots & Raisins Chickpea Salad with Tomatoes & Parsley Whole Wheat Bread Apple Juice Fresh Orange	6 BBQ Chicken Breast Garlic Bread Italian Blend Vegetables Orange Juice Fresh Plum	Baked Chicken Quarters Whole Wheat Bread Collard Green with Tomato & Corn Apple Juice Banana
9 Oven Fried Chicken Tabbouleh w/Garbanzo Beans Roasted Eggplant Grape Juice (Unsweetened) Banana	10 Oven Baked Pork Chops Apple & Beet Salad Sweet Potatoes with Ginger & Dried Raisins Whole Wheat Roll Apple Juice Fresh Pineapple (1/2cup)	11 Turkey Tacos Wild Rice California Blend Vegetables Grapes Orange Pineapple Juice	12 Teriyaki Baked Fish Rice Pilaf Garden Salad Vegetable Mix Whole Wheat Bread Orange Juice Fresh Peach	13 BBQ Beef Ribs Roasted Vegetables Multigrain Bread Pineapple Juice Strawberries	Ginger and Lime Salmon Bowtie Noodles Broccoli Peppers Whole Wheat Bread Apple Juice Orange
16 Chicken Parmesan w/Whole Broccoli and Red Peppers Wheat Bread Cantaloupe Pineapple Juice	17 Beef and Turkey Meatloaf w/ Mushroom Gravy Rice Pilaf Beets and Baby Carrots w/Dill Canned Apricots	18 Cheese Pirogues Sour Cream Avocado and Orange Salad Whole Wheat Bread Apple Juice Peach	19 Turkey Burger w/ Cheese Baby Spinach Salad Whole Wheat Roll Orange Juice Watermelon	20 Beef Brisket with Tomatoes & Onions Boiled Potatoes and Carrots Whole Wheat Bread Orange Pineapple Juice Pear	Crusty Shepard's Pie Whole Wheat Bread Baby Carrots w/Parsley Steamed Spinach Orange Juice Apple
23 BBQ Chicken Leg Quarters Pesto Pasta w/ Broccoli Steamed Spinach Apple Juice Pear	24 Tilapia with Mushroom Peppers & Tomatoes Tabbouleh w/ Garbanzo Beans Spinach, Apple, & Red Onion Salad Grape Juice (Unsweetened) Plum	25 Beef and Broccoli Sautéed Onion and Peppers Whole Wheat Bread Banana Orange Pineapple Juice	26 Baked Breaded Chicken Cutlet Sweet Potato Sauté Whole Wheat Roll Orange Juice Pear	27 Pork Spare Ribs Bowtie Noodles Zucchini & Peas Pineapple Juice Tangerine	Honey Mustard Chicken Drumstick Multigrain Bread Quinoa Italian Blend Vegetables Cantaloupe Orange Pineapple Juice
30 Turkey Meatloaf with Mushroom Gravy Brown Rice w/ Mushrooms Broccoli w/ Toasted Garlic Apple Juice Watermelon					


Please Note: 1% Low Fat Milk is provided with every meal.
 Menus are subject to change.

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MENU'S- MAY 2018

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	FROZEN MEAL
	1 Baked Mushroom Chicken Whole Wheat Bread Sautéed Zucchini Spiced Sweet Potatoes Pineapple Juice Strawberries	2 Turkey Salad Tabbouleh, Garbanzo Beans Beet, Arugula, and Feta Salad Fresh Pineapple (1/2 cup)	3 Beef Brisket, Tomato & Onions Cauliflower, Carrots & Parsley Vegetable Ratatouille Whole Wheat Roll Grape Juice (Unsweetened) Peach	4 Tilapia Fresh Salsa Relish Romaine, Kale, Pepper, Black Olive, and Feta Salad Steamed Carrots Whole Wheat Bread Grapes Orange Juice	Beef Meatballs w/ Sofrito Pasta (1/2 cup) Whole Wheat Bread Steamed Spinach Apple Orange Juice Milk 1%
7 Italian Roast Chicken Tabbouleh with Garbanzo Beans Sautéed Spinach Blueberries Grape Juice (Unsweetened)	8 Salmon in Garlic Butter Parmesan Barley Whole Wheat Bread Apple and Beet Salad Apple Orange Juice	9 Braised Beef Tips Brown Rice Sautéed Mustard Greens Apple Juice Cantaloupe	10 Chicken Cacciatore Quinoa Braised Red Cabbage w/ Apples Orange Orange Pineapple Juice	11 Jumbo Stuffed Shells with Meat Sauce Arugula Salad w/ Balsamic Vinegar Mashed Butternut Squash Apple Juice Strawberries	Chicken & Broccoli Stir fry Collard Greens w/ Tomato Mixed Vegetable Whole Wheat Bread Orange Pineapple Juice
14 Salmon Garlic Butter Sauce Zucchini Rice Pilaf Stir Fry Kale & Broccoli Whole Wheat Dinner Roll Apple Juice Tangerine	15 Sofrito Steak Beet, Arugula & Feta Salad Roasted Potato Whole Wheat Dinner Roll Orange Pineapple Juice Fresh Pear	16 Honey Mustard- Chicken Breast Roasted Vegetable Couscous Garden Salad Grape Juice (Unsweetened) Fresh Peach	17 Tuna Fish Salad Whole Wheat Bread Carrots & Raisins Chickpea Salad with Tomatoes & Parsley Apple Juice Fresh Orange	18 BBQ Chicken Breast Garlic Bread Italian Blend Vegetables Orange Juice Fresh Plum	Baked Chicken Quarters Collard Green w/Tomato Corn Whole Wheat Bread Apple Juice Banana
21 Oven Fried Chicken Tabbouleh w/Garbanzo Beans Roasted Eggplant Grape Juice (Unsweetened) Banana	22 Oven Baked Pork Chops Apple & Beet Salad Sweet Potatoes w/ Ginger & Dried Raisins Whole Wheat Roll Apple Juice Fresh Pineapple (1/2cup)	23 Turkey Tacos Wild Rice California Blend Vegetables Grapes Orange Pineapple Juice	24 Teriyaki Baked Fish Rice Pilaf Garden Salad Vegetable Mix Whole Wheat Bread Orange Juice Fresh Peach	25 BBQ Beef Ribs Roasted Vegetables Pineapple Juice Multigrain Bread Strawberries	Ginger and Lime Salmon Bowtie Noodles Whole Wheat Bread Broccoli Peppers Apple Juice Orange
28 Chicken Parmesan Broccoli & Red Peppers Cantaloupe Whole Wheat Bread Pineapple Juice	29 Chicken Parmesan w/Whole Wheat Bread Broccoli and Red Peppers Cantaloupe Pineapple Juice	30 Cheese Pirogues w/ Sour Cream Whole Wheat Bread Avocado and Orange Salad Apple Juice Peach	31 Turkey Burger w/ Cheese Whole Wheat Roll Baby Spinach Salad Orange Juice Watermelon		

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MENU'S- JUNE 2018

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	FROZEN MEAL
				1 Beef Brisket Toma & Oni Whole Wheat Bread Boiled Potatoes and Carrots Orange Pineapple Juice Pear	Crusty Shepard's Pie Whole Wheat Bread Baby Carrots w/Parsley Steamed Spinach Orange Juice Apple
2 BBQ Chicken Leg Quarters Pesto Pasta w/ Broccoli Steamed Spinach Apple Juice Pear	3 Tilapia w/Mushroom Peppers and Tomatoes Tabbouleh w/ Garbanzo Beans Spinach, Apple, and Red Onion Salad Grape Juice (Unsweetened) Plum	4 Beef and Broccoli Whole Wheat Bread Sautéed Onion and Peppers Banana Orange Pineapple Juice	5 Baked Breaded Chicken Cutlet Whole Wheat Roll Sweet Potato Sauté Orange Juice Pear	6 Pork Spare Ribs Bowtie Noodles Zucchini and Peas Pineapple Juice Tangerine	Honey Mustard Chicken Drumstick Multigrain Bread Quinoa Italian Blend Vegetables Cantaloupe Orange Pineapple Juice
11 Turkey Meatloaf w/ Mushroom Gravy Brown Rice w/ Mushrooms Broccoli w/ Toasted Garlic Apple Juice Watermelon	12 Baked.MushroomChicken Whole Wheat Bread Sautéed Zucchini Spiced Sweet Potatoes Pineapple Juice Strawberries	13 Turkey Salad Tabbouleh w/ Garbanzo Beans Beet, Arugula, and Feta Salad Fresh Pineapple (1/2 cup)	14 Beef Brisket w/Tomatoes and Onions Whole Wheat Roll Cauliflower w/ Carrots and Parsley Vegetable Ratatouille Grape Juice (Unsweetened) Peach	15 Tilapia w/Salsa Relish Whole Wheat Bread Romaine, Kale, Pepper, Black Olive, and Feta Salad Steamed Carrots Grapes Orange Juice	Beef Meatballs w/ Sofrito Pasta (1/2 cup) Whole Wheat Bread Steamed Spinach Apple Orange Juice
18 Italian Roast Chicken Tabbouleh w/ Garbanzo Beans Sautéed Spinach Blueberries Grape Juice (Unsweetened)	19 Salmon in Garlic Butter Parmesan Barley Whole Wheat Bread Apple and Beet Salad Apple Orange Juice	20 Braised Beef Tips Brown Rice Sautéed Mustard Greens Apple Juice Cantaloupe	21 Chicken Cacciatore Quinoa Braised Red Cabbage w/ Apples Orange Orange Pineapple Juice	22 Jumbo Stuffed Shells w/Meat Sauce Arugula Salad, Balsamic Vinegar Mashed Butternut Squash Apple Juice Strawberries	Chicken and Broccoli Stirfry Whole Wheat Bread Collard Greens w/ Tomato Mixed Vegetable Orange Pineapple Juice
25 Salmon Garlic Butter Sauce Zucchini Rice Pilaf Stir Fry Kale & Broccoli Whole Wheat Dinner Roll Apple Juice Tangerine	26 Sofrito Steak Beet, Arugula & Feta Salad Roasted Potato Whole Wheat Dinner Roll Orange Pineapple Juice Fresh Pear	27 Honey Chicken Breast Roasted Vegetable Couscous Garden Salad Grape Juice (Unsweetened) Fresh Peach	28 Tuna Fish Salad Whole Wheat Bread Carrots & Raisins Chickpea Salad w/ Tomatoes & Parsley Fresh Orange & Apple Juice	29 BBQ Chicken Breast Garlic Bread Italian Blend Vegetables Orange Juice Fresh Plum	Baked Chicken Quarters Whole Wheat Bread Collard Green w/ Tomato Corn Apple Juice Banana