

STEIN Neighborhood Senior Center204 East 23rd Street, New York NY 10010**Menu's- July 2018**

Schedule: Mondays- Friday, 8:00am-4:00pm

Monday's	Tuesday's	Wednesday's	Thursday's	Friday's
07-02-2018	07-03-2018	07-04-2018	07-05-2018	07-06-2018
Oven Fried Chicken Tabbouleh w/Garbanzo Beans Roasted Eggplant Banana Juice: Grape	Oven Baked Pork Chop Apple & Beet Salad Sweet Potatoes w/Ginger & Dried Raisins Fresh Pineapple Juice: Apple Whole Wheat Roll	STEIN CLOSED	Teriyaki Baked Fish Rice Pilaf Garden Salad Vegetable Mix Fresh Peach Juice: Orange Whole Wheat Bread	BBQ Ribs Roasted Vegetable Fresh Strawberries Juice: Pineapple Multigrain Bread
07-09-2018	07-10-2018	07-11-2018	07-12-2018	07-13-2018
Chicken Parmesan Broccoli & Red Pepper Kale, Romaine, Apple Red Cabbage & Parmesan Salad Fresh Cantaloupe Juice: Pineapple Whole Wheat Bread	Beef & Turkey Meatloaf w/Mushroom Gravy Sauce Rice Pilaf Beets & Baby Carrots w/ Dill Apricots (Canned) Juice: Grape Whole Wheat Bread	Cheese Pierogies w/ Sour Cream Avocado & Orange Salad Fresh Peach Juice: Apple Whole Wheat Bread	Turkey Burger w/ Cheese Baby Spinach Salad Roasted Potatoes Fresh Watermelon Juice: Orange Whole Wheat Bread	Beef Brisket w/ Tomatoes & Onions Boiled Potatoes & Carrots Fresh Pear Juice: Orange Pineapple Whole Wheat Bread
07-16-2018	07-17-2018	07-18-2018	07-19-2018	07-20-2018
BBQ Chicken Leg Quarters Pesto Pasta w/ Broccoli Steamed Spinach Fresh Peach Juice: Apple Juice	Tilapia w/Mushroom, Peppers, & Tomatoes Tubule w/Garbanzo Beans Spinach, Apple & Red Onion Salad Fresh Plum Juice: Grape	Beef & Broccoli Wild Rice Sautéed Onions & Peppers Banana Juice: Orange Pineapple Whole Wheat Bread	Baked Breaded Chicken Cutlet Sweet Potato Sauté Fresh Pear Juice: Orange Whole Wheat Diner Roll	Pork Spare Ribs Bowtie Noodles Zucchini & Peas Fresh Tangerine Juice: Pineapple
07-23-2018	07-24-2018	07-25-2018	07-26-2018	07-27-2018
Turkey Meatloaf w/ Mushroom Gravy Brown Rice with Mushroom Broccoli w/ Toasted Garlic Fresh Watermelon Juice: Apple	Baked Mushroom Chicken Sautéed Zucchini Spiced Sweet Potatoes Fresh Strawberries Juice: Pineapple Whole Wheat Bread	Turkey Salad Tabbouleh w/ Garbanzo Beans Salad: Beet, Arugula & Feta Fresh Pineapple	Beef Brisket w/Tomatoes & Onions Cauliflower w/ Carrots & Parsley Vegetable Ratatouille Fresh Peach Juice: Grape Whole Wheat Diner Roll	Tilapia w/ Fresh Salsa Relish Salad: Romaine, Kale, Pepper, Black Olive & Feta Steamed Carrots Fresh Grapes Juice: Orange
07-30-2018	07-31-2018			
Italian Roast Chicken Tabbouleh w/ Garbanzo Beans Sauteed Spinach Fresh Blueberries Juice: Grape	Salmon in Garlic Butter Sauce Parmesan Barley Salad: Apple & Beet Fresh Apple Juice: Orange			

PLEASE NOTE:

- **Stein's LUNCH Schedule: Mondays- Friday 12:00PM-1:00PM**
- **Served Daily: Milk: 1% Low Fat, & Butter**

STEIN Neighborhood Senior Center**Menu's- AUGUST 2018**204 East 23rd Street, New York NY 10010

Schedule: Mondays- Friday, 8:00am-4:00pm

Monday's	Tuesday's	Wednesday's	Thursday's	Friday's
		08-01-2018	08-02-2018	08-03-2018
		Braised Beef Tips Brown Rice Sautéed Mustard Greens Fresh Cantaloupe Juice: Apple	Chicken Cacciatore Quinoa Braised Red Cabbage w/ Apples Fresh Orange Juice: Orange Pineapple	Jumbo Stuffed Shells w/ Meat Sauce Arugula Salad w/ Balsamic Vinegar Mashed Butternut Squash Fresh Strawberries Juice: Apple
08-06-2018	08-07-2018	08-08-2018	08-09-2018	08-10-2018
Salmon in Garlic Butter Sauce Zucchini Rice Pilaf Stir Fry Kale & Broccoli Fresh Tangerine Juice: Apple Whole Wheat Dinner Roll	Sofrito Steak Beef, Arugula & Feta Salad Roasted Potatoes Fresh Pear Juice: Orange Pineapple Whole Wheat Bread	Honey Mustard Chicken Breast Roasted Vegetable Couscous Garden Salad Fresh Peach Juice: Grape	Chicken Salad Whole Wheat Bread Carrots & Raisins Chickpea Salad w/ Tomatoes & Parsley	BBQ Chicken Breasts Garlic Bread Italian Blend Vegetables Juice: Orange Plum
08-13-2018	08-14-2018	08-15-2018	08-16-2018	08-17-2018
Oven Fried Chicken Tabbouleh with Garbanzo Beans Roasted Eggplant Banana Juice: Grape	Oven-Baked Pork Chops Whole Wheat Dinner Roll Apple and Beet Salad, Sweet Potatoes w/ Ginger and Dried Raisins	Turkey Tacos Wild Rice California Blend Vegetables Grapes Juice: Orange Pineapple	Teriyaki Baked Fish Rice Pilaf Whole Wheat Bread Garden Salad Vegetable Mix Juice: Orange Peach	BBQ Beef Ribs Multigrain Bread Roasted Vegetables Juice: Pineapple Strawberries
08-20-2018	08-21-2018	08-22-2018	08-23-2018	08-24-2018
Chicken Parmesan Whole Wheat Bread Broccoli and Red Peppers Kale, Romaine, Apple, Red Cabbage and Parmesan Salad Cantaloupe Pineapple Juice	Beef and Turkey Meatloaf with Mushroom Gravy Rice Pilaf Whole Wheat Bread Beets and Baby Carrots with Dill Canned Apricots Juice: Grape	Cheese Pierogies with Sour Cream Whole Wheat Bread Avocado and Orange Salad Juice: Apple Fresh Peach	Turkey Burger with Cheese Whole Wheat Dinner Roll Baby Spinach Salad Roasted Potatoes Juice: Orange Watermelon	Beef Brisket with Tomatoes and Onions Whole Wheat Bread Boiled Potatoes and Carrots Juice: Orange Pineapple
08-27-2018	08-28-2018	08-29-2018	08-30-2018	08-31-2018
BBQ Chicken Leg Quarters Pesto Pasta with Broccoli Steamed Spinach Juice: Apple Peach	Tilapia w/Mushroom, Peppers, & Tomatoes Tubule w/Garbanzo Beans Spinach, Apple & Red Onion Salad Fresh Plum Juice: Grape Caesar Salad Tartar Sauce	Beef and Broccoli Whole Wheat Bread Wild Rice Sautéed Onions and Peppers Banana Juice: Orange Pineapple	Baked Breaded Chicken Cutlet Whole Wheat Dinner Roll Sweet Potato Saute Juice: Orange Fresh Pear	Pork Spare Ribs Bowtie Noodles Zucchini and Peas Juice: Pineapple Tangerine

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STEIN Neighborhood Senior Center204 East 23rd Street, New York NY 10010**Menu's- SEPTEMBER 2018**

Schedule: Mondays- Friday, 8:00am-4:00pm

Monday's	Tuesday's	Wednesday's	Thursday's	Friday's
09-03-2018	09-04-2018	09-05-2018	09-06-2018	09-07-2018
Entrée: Turkey Meatloaf with Mushroom Gravy Grains: Brown Rice with Mushroom Vegetable: Broccoli with Toasted Garlic Fruit: Watermelon Juice: Grape	Entrée: Baked Mushroom Chicken Grains: Whole Wheat Bread Vegetable: Sauteed Zucchini, Spiced Sweet Potatoes Fruit: Strawberries Juice: Grape	Entrée: Grains: Vegetable: Fruit: Juice: Grape	Entrée: Grains: Vegetable: Fruit: Juice: Grape	Entrée: Grains: Vegetable: Fruit: Juice: Grape
09-10-2018	09-11-2018	09-12-2018	09-13-2018	09-14-2018
Italian Roast Chicken Tabbouleh w/ Garbanzo Beans Sauteed Spinach Fresh Blueberries Juice: Grape	Salmon in Garlic Butter Sauce Parmesan Barley Salad: Apple & Beet Fresh Apple Juice: Orange	Braised Beef Tips Brown Rice Sauteed Mustard Greens Fresh Cantaloupe Juice: Apple	Chicken Cacciatore Quinoa Braised Red Cabbage w/ Apples Fresh Orange Juice: Orange Pineapple	Jumbo Stuffed Shells w/ Meat Sauce Arugula Salad w/ Balsamic Vinegar Mashed Butternut Squash Fresh Strawberries Juice: Apple
09-17-2018	09-18-2018	09-19-2018	09-20-2018	09-21-2018
Salmon in Garlic Butter Sauce Zucchini Rice Pilaf Stir Fry Kale & Broccoli Fresh Tangerine Juice: Apple Whole Wheat Dinner Roll	Sofrito Steak Beef, Arugula & Feta Salad Roasted Potatoes Fresh Pear Juice: Orange Pineapple Whole Wheat Bread	Honey Mustard Chicken Breast Roasted Vegetable Couscous Garden Salad Fresh Peach Juice: Grape	Chicken Salad Whole Wheat Bread Carrots & Raisins Chickpea Salad w/ Tomatoes & Parsley	BBQ Chicken Breasts Garlic Bread Italian Blend Vegetables Juice: Orange Plum

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- **Stein's LUNCH Schedule: Mondays- Friday 12:00PM-1:00PM**
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