

Stein Senior Center May 2017 Lunch Menu – Lunch Served 11:30am – 12:45pm

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey Salad, Homemade Cucumber Dill Salad Greek Salad	2 Salmon in Garlic Butter Sauce Quinoa and Black Beans Mixed Green Salad	3 Chicken Parmesan Spaghetti Steamed Spinach	4 Beef Brisket with Tomatoes and Onions Baked Sweet Potato Garden Salad	5 BBQ Chicken Yellow Rice Mixed Green Salad
8 Meatloaf with Beef and Pork Mashed Butternut Squash Mediterranean Salad	9 Chicken Cacciatore Spaghetti Mushroom, Red Pepper and Onion Sauté	10 Lemon Salmon Couscous with Peas and Lemon Asian Cabbage	11 Baked Ziti with Beef Meatballs Cucumber Tomato Salad Winter Blend Vegetables	12 Oven Fried Chicken Brown Rice Collard Greens
15 Citrus Sesame Crusted Salmon Quinoa and Black Beans Broccoli and Red Peppers	16 Chicken Cutlet Brown Rice with Mushrooms Kale with Tomato	17 Pork Spare Ribs Mashed Sweet Potatoes Roasted Broccoli	18 BBQ Chicken Egg Noodles Garden Salad	19 Coconut Curry Cod Fish Brown Rice Sautéed Spinach
22 Oven Fried Chicken Baked Zucchini Roasted Peppers	23 Beef Lasagna Garden Salad	24 Salmon in Garlic Butter Sauce Quinoa Baby Carrots with Parsley	25 Mexican Chicken with Rice Cauliflower Sautéed Spinach	26 Tuna Fish Salad Pasta Carrots and Raisins
			JUNE	JUNE
29 CLOSED (Memorial Day)	30 Turkey with Gravy Roasted Potatoes Spinach, Apple and Red Onion Salad	31 Baked Chicken Legs Cous Cous Creamy Spinach	1 <i>Classic Salisbury Steak</i> <i>Mashed Potatoes</i> <i>Mixed Vegetables</i>	2 <i>Barbecue Chicken Breasts</i> <i>Collard Greens with</i> <i>Tomato</i>

* Each meal also includes: Fresh Bread or a Roll, Fruit and Juice

*Suggested Donation \$2.00 for those 60+

*Partially funded by the Department for the Aging

Guests under 60 – \$5.00

MENU SUBJECT TO CHANGE