

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Cacciatore Spaghetti Mushroom, Red Peppers and Onion Sautéed	2 Teriyaki Tilapia Couscous with Peas and Lemon Asian Cabbage	3 Baked Ziti with Beef Meatballs Cucumber Tomato Salad Winter Blend Vegetables	4 Oven Fried Chicken Brown Rice Collard Greens
7 Beef Brisket Baked Potato Broccoli and Red Peppers	8 Chicken Cutlet Brown Rice with Mushrooms Kale with Tomato	9 Pork Spare Ribs Mashed Sweet Potatoes Roasted Broccoli	10 BBQ Chicken Egg Noodles Garden Salad	11 Coconut Curry Cod Fish Brown Rice Sautéed Spinach
14 Oven Fried Chicken Baked Zucchini Roasted Peppers	15 Beef Lasagna Garden Salad Green Beans	16 Salmon in Garlic Butter Sauce Quinoa Baby Carrots with Parsley	17 Mexican Chicken with Rice Cauliflower Sautéed Spinach	18 Tuna Fish Salad Pasta Salad Carrot + Raisin Salad
21 Teriyaki Baked Fish Brown Rice Steamed Green Beans	22 Turkey with Gravy Roasted Potatoes Spinach, Apple and Red Onion Salad	23 Baked Chicken Legs Cous Cous Creamy Spinach	24 Classic Salisbury Steak Mashed Potatoes Mixed Vegetables	25 Barbecue Chicken Breasts Collard Greens with Tomato Mexicali Corn
28 Turkey Burger Hamburger Bun, Whole Wheat Lettuce & Tomato Roasted Potatoes	29 Baked Chicken Legs Tabbouleh with Garbanzo Beans Broccoli with Toasted Garlic	30 Chicken Salad Pasta Salad Mixed Green Salad	31 BBQ Chicken Barley Baby Carrots with Parsley	

**\* 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**

**Tel: (646) 395-8083**