

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Breaded Chicken Cutlet Couscous with Peas and Lemon Baby Carrots with Parsley	3 Beef Meatballs in Tomato Sauce Spaghetti Brussel Sprouts and Kale Sauté	4 Baked Turkey Breast California Blend Vegetables Sweet Baked Yams	5 Broccoli Cheese Quesadilla Corn and Red Peppers	6 Apricot Glazed Salmon Egg Barley with Mushrooms Sautéed Zucchini
9 Vegetarian Lasagna Baby Spinach Salad	10 Pork Chop Mashed Sweet Potatoes Winter Blend Vegetables	11 Chili con Carne Brown Rice Corn and Red Peppers	12 Chicken and Broccoli Stir Fry Chinese Style Noodles Collard Greens with Tomato	13 Baked Tilapia Creole Sauce Red Bliss Potatoes Peas and Carrots
1 Chicken Breast and Rice Kale with Tomato	17 Beef and Broccoli Chinese Style Noodles Chinese Style Mustard Greens	18 Cheeseburger with Onions and Bun Home Fries Mixed Green Salad	19 Baked Chicken Egg Barley with Mushrooms Brussel Sprouts and Kale Sautéed	20 Baked Breaded Fish Brown Rice Pilaf California Blend Vegetables
23 Beef and Turkey Meatloaf with Mushroom Gravy Bowtie Pasta with Kasha Beets and Baby Carrots with Dill	24 Baked Fish with Garlic Sauce Red Bliss Potatoes Broccoli and Red Peppers	25 Chicken Parmesan Spaghetti Mixed Green Salad	26 Vegetable Soup BBQ Chicken Couscous with Peas And Lemon California Blend Vegetables	27 Roasted Pork Rice Pilaf Collard Greens
30 Chicken with Red Sauce Bowtie Noodles Sautéed Spinach	31 Black Beans and Sweet Potato Chili Orzo with Vegetables Sautéed Onions and Peppers			

* 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