



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Turkey Garlic Mashed Potatoes Mexican Corn Confetti	2 Beef Stir Fry White Rice Roasted Broccoli	3 Minestrone Soup Baked Tilapia Amandine Couscous with Peas and Lemon Cauliflower with Carrots and Parsley
6 Baked Chicken Quarters Baked Sweet Potato Zucchini and Peas	7 Vegetable Baked Ziti Baby Carrots with Parsley	8 Pork Tenderloin Red Potato Wedges Sautéed String Beans	9 Beef Stroganoff with Noodles Broccoli with Toasted Garlic	10 Vegetable Soup Coconut Curried Cod Brown Rice with Mushrooms Sautéed Spinach
13 Baked Breaded Chicken Cutlet Couscous with Peas and Lemon Baby Carrots with Parsley	14 Beef Meatballs in Tomato Sauce Spaghetti Brussel Sprouts and Kale Sautéed	15 Baked Turkey Breast California Blend Vegetables	16 Broccoli Cheese Quesadilla Corn and Red Peppers	17 Apricot Glazed Salmon Egg Barley with Mushrooms Sautéed Zucchini
20 Vegetarian Lasagna Baby Spinach Salad	21 <u>Thanksgiving Lunch</u> Turkey Mashed Potatoes Green Beans Stuffing Apple Pie	22 Chili con Carne Brown Rice Corn and Red Peppers	23 	24 CLOSED 
27 Chicken Breast with Rice Kale with Tomato	28 Beef and Broccoli Chinese Style Noodles Chinese Style Mustard Greens	29 Cheeseburger with Onions with Bun, Home Fries Mixed Green Salad	30 Baked Chicken Quarters Egg Barley with Mushrooms Brussel Sprouts and Kale Sautéed	

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

*Suggested Donation \$2.00 for those 60+

Tel: (646) 395-8083

*Partially funded by the Department for the Aging

Guests under 60 – \$5.00

MENU SUBJECT TO CHANGE