

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All Meals Include 1% Milk Bread/Roll, Fresh Fruit & 100% Juice</p>				<p>1 Baked Breaded Fish Brown Rice Pilaf California Blend Vegetables</p>
<p>4 Beef and Turkey Meatloaf with Mushroom Gravy Bowtie Pasta with Kasha Beets & Baby Carrots w/Dill</p>	<p>5 Baked Breaded Chicken Cutlet Brown Rice Collard Greens</p>	<p>6 Broccoli Cheese Quesadilla Roasted Peppers</p>	<p>7 Vegetable Soup BBQ Chicken Couscous w/Peas & Lemon California Blend Vegetables</p>	<p>8 Baked Fish with Garlic Sauce Red Bliss Potatoes Broccoli and Red Peppers</p>
<p>11 Chicken w/Red Sauce Bowtie Noodles Sautéed Spinach</p>	<p>12 Black Bean and Sweet Potato Chili Orzo with Vegetables Sautéed Onions and Peppers</p>	<p>13 Turkey Meat Garlic Mashed Potatoes Sautéed Corn Confetti</p>	<p>14 Beef Stir Fry White Rice Roasted Broccoli</p>	<p>15 Minestrone Soup Baked Tilapia Amandine Couscous with Peas and Lemon Cauliflower with Carrots</p>
<p>18 Baked Chicken Baked Sweet Potatoes Zucchini and Peas</p>	<p>19 Baked Vegetable Ziti Whole Wheat Pasta Baby Carrots with Parsley</p>	<p>20 Beef Stroganoff w/Noodles Broccoli w/Toasted Garlic</p>	<p>21 Chicken Cutlet Baked Red Potato Wedges Sautéed String Beans</p>	<p>22 Coconut Curried Cod Brown Rice with Mushrooms Sautéed Spinach</p>
<p>25 CLOSED </p>	<p>26 Beef Meatballs in Tomato Sauce with Spaghetti Sautéed Brussel Sprouts and Kale</p>	<p>27 Baked Turkey Breast Winter Blend Vegetables Baked Yams</p>	<p>28 Pork Tenderloin Red Bliss Potatoes Sautéed String Beans</p>	<p>29 Apricot Glazed Salmon Egg Barley with Mushrooms Sautéed Zucchini</p>

Stein Neighborhood Senior Center Inc.
 204 East 23rd Street, New York NY 10010 Tel. 1-646-395-8083

Business Hours: Mon.- Fri. 8:30am-4:30pm (ALL Programs End @ 4pm)

Please Note:

All Seniors visiting Stein MUST Register with Staff upon 3rd visit.

Suggested Donation \$2.00 for those 60+ Guests under 60 – \$5.00

***Partially funded by: The NYC Department for the Aging**

Stein Neighborhood Senior Center Staff

Program Director- Helen Waite
Program Coordinator- Renee Black
Social Worker- Sandy Daniels
Community Liaison- Ruth Walker
Executive Director- Marilyn Green