

Stein Senior Center January 2018 Lunch Menu – Lunch Served 11:30am - 12:45pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 CLOSED</p> 	<p>2 BBQ Chicken Mashed Sweet Potatoes Winter Blend Vegetables</p>	<p>3 Chili con Carne Brown Rice Corn and Red Peppers</p>	<p>4 Chicken and Broccoli Stir Fry Chinese Style Spaghetti Collard Greens with Tomato</p>	<p>5 Baked Tilapia Red Bliss Potatoes Peas and Carrots</p>
<p>8 Chicken Breast and Rice Kale with Tomato</p>	<p>9 Beef and Broccoli Chinese Style Spaghetti Chinese Style Mustard Greens</p>	<p>10 Cheeseburger with Onions Whole Wheat Bun Home Fries</p>	<p>11 Baked Chicken Egg Barley with Mushrooms Brussel Sprouts and Kale</p>	<p>12 Baked Breaded Fish Brown Rice Pilaf California Blend Vegetables</p>
<p>15 CLOSED</p>  <p style="font-size: small;">Martin Luther King Jr. Day</p>	<p>16 Roasted Pork Shoulder Brown Rice Pilaf Collard Greens</p>	<p>17 Broccoli Cheese Quesadilla Roasted Peppers</p>	<p>18 Vegetable Soup BBQ Chicken Couscous w/Peas & Lemon California Blend Vegetables</p>	<p>19 Baked Fish with Garlic Sauce Red Bliss Potatoes Broccoli and Red Peppers</p>
<p>22 Chicken in Red Sauce Bowtie Noodles Sautéed Spinach</p>	<p>23 Black Bean and Sweet Potato Chili Orzo with Vegetables Sautéed Onions & Peppers</p>	<p>24 Sliced Turkey Garlic Mashed Potatoes Mexican Corn Confetti</p>	<p>25 Beef Stir Fry White Rice Roasted Broccoli</p>	<p>26 Baked Tilapia Couscous with Peas and Lemon Cauliflower with Carrots and Parley</p>
<p>29 Baked Chicken Baked Sweet Potato Zucchini and Peas</p>	<p>30 Vegetable Baked Ziti with Whole Wheat Pasta Baby Carrots with Parsley</p>	<p>31 Baked Breaded Chicken Cutlet Red Potato Wedges Sautéed String Beans</p>		<p>All Meals Include 1% Milk Bread/Roll, Fresh Fruit & 100% Juice</p>

Stein Neighborhood Senior Center Inc. 204 East 23 rd Street, New York NY 10010 Tel. 1-646-395-8083	Please Note: All Seniors visiting Stein MUST Register with Staff upon 3 rd visit. Suggested Donation \$2.00 for those 60+ Guests under 60 - \$5.00
Business Hours: Mon.- Fri. 8:30am-4:30pm (ALL Programs End @ 4pm)	

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

Stein Neighborhood Senior Center Staff

Program Director- Helen Waite
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