


# Stein Senior Center February 2018 Lunch Menu – Lunch Served 11:30am – 12:45pm

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Stroganoff with Noodles Broccoli with Toasted Garlic	2 Coconut Curried Cod Fish Brown Rice with Mushrooms Sautéed Spinach
5 Baked Breaded Chicken Cutlet Couscous with Peas and Lemon Baby Carrots with Parsley	6 Beef Meatballs in Tomato Sauce Spaghetti Brussel Sprouts and Kale Sautéed	7 Baked Turkey Breast California Blend Vegetables Sweet Baked Yams	8 Broccoli Cheese Quesadilla Corn and Red Peppers	9 Apricot Glazed Salmon Egg Barley with Mushrooms Sautéed Zucchini
12 Vegetarian Lasagna Baby Spinach Salad	13 Pork Chops Mashed Sweet Potatoes Winter Blend Vegetables	14 Chili con Carne Brown Rice Corn and Red Peppers	15 Chicken and Broccoli Stir Fry Chinese Style Spaghetti Collard Greens w/ Tomato	16 Baked Tilapia Creole Sauce Red Bliss Potatoes Peas and Carrots
19 <b>CLOSED</b> 	20 Beef and Broccoli Chinese Style Spaghetti Chinese Style Mustard Greens	21 Cheeseburger with Onions Whole Wheat Hamburger Bun Mixed Green Salad	22 Baked Chicken Egg Barley with Mushrooms Brussel Sprouts and Kale Sautéed	23 Baked Breaded Fish Baked Brown Rice Pilaf California Blend Vegetables
26 Beef and Turkey Meatloaf with Mushroom Gravy Bowtie Pasta w/Kasha Beets and Baby Carrots	27 Roasted Pork Shoulder Baked Brown Rice Pilaf Collard Greens	28 Chicken Barley and Vegetable Soup BBQ Chicken Couscous with Peas and Lemon		<b>All Meals Include</b> 1% Milk Bread/Roll, Fresh Fruit & 100% Juice

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

**\*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