



Stein Senior Center March 2018 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 Chick Parmesan Pasta Green Salad Dinner Roll</p>	<p>2 Baked Fish with Garlic Sauce Red Bliss Potatoes Broccoli and Red Peppers</p>
<p>5 Stew Chicken Brown Rice Sautéed Spinach</p>	<p>6 Baked Tilapia Couscous with Peas and Lemon Cauliflower with Carrots and Parsley</p>	<p>7 Beef Stroganoff with Noodles Broccoli with Toasted Garlic</p>	<p>8 Meat Baked Ziti with Whole Wheat Pasta Baby Carrots with Parsley</p>	<p>9 Sliced Turkey Red Bliss Potatoes California Blend Vegetables</p>
<p>12 Baked Chicken Baked Potato Zucchini and Peas</p>	<p>13 Italian Roasted Pork Tenderloin Baked Red Potato Wedges Sautéed String Beans</p>	<p>14 Baked Tilapia Creole Red Bliss Potatoes Peas and Carrots</p>	<p>15 Beef Stir Fry White Rice Roasted Broccoli</p>	<p>16 Corn Beef Cabbage Irish Soda Bread</p>
<p>19 Baked Breaded Chicken Cutlet Couscous with Peas and Lemon Baby Carrots w/ Parsley</p>	<p>20 Beef Meatballs in Tomato Sauce Spaghetti Brussel Sprouts and Kale Sautéed</p>	<p>21 Baked Turkey Breast California Blend Vegetables Sweet Baked Yams</p>	<p>22 Pork Spare Ribs Mashed Potatoes Corn and Red Peppers</p>	<p>23 Apricot Glazed Salmon Egg Barley with Mushrooms Sautéed Zucchini</p>
<p>26 Meat and Cheese Lasagna Lasagna Whole Wheat Roll Baby Spinach Salad</p>	<p>27 Oven Bake Pork Chops Mashed Potatoes Winter Blend Vegetables</p>	<p>28 Chili con Carne Brown Rice Corn and Red Peppers</p>	<p>29 Chicken and Broccoli Stir Fry Chinese Style Spaghetti Collard Greens with Tomato</p>	<p>30 CENTER CLOSED GOOD FRIDAY</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.
Business Hours: Mon.- Fri. 8:30am-4:30pm (ALL Programs End @ 4pm)	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