

STEIN MENU- January 2019

PLEASE NOTE: LUNCH SCHEDULE IS: MONDAY'S- FRIDAY'S 12:00-1:00PM

STEIN NEIGHBORHOOD SENIOR CENTER- JANUARY 2019 MENU'S					
MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	FRIDAY FROZEN
	1	2	3	4	TAKE HOME
		Deluxe Cheeseburger with Onions Garlic & Rosemary Roasted Potatoes WW Bun Salad-Garden	Baked Breaded Chicken Cutlet Pasta WW Roll Beet, Arugula and Feta Salad	Beef Meatloaf Mashed Potatoes WW Roll Baby Carrots with Parsley	Coconut Curried Chicken Breast Brown Rice Sautéed Spinach
7	8	9	10	11	
Soup-Lentil Beef and Broccoli Baked Brown Rice Pilaf WW Bread Steamed Spinach	Baked Salmon Bowtie Pasta Green Bean Sauté Cucumber Dill Salad	Soup-Minestrone Chicken Parmesan Pasta WW Roll Salad-Spinach, Apple and Red Onion	Deluxe Cheeseburger with Onions Baked Fries Hamburger WW Bun Salad-Mixed Green	Soup-Polish Cabbage Breaded Pork Loin Brown Rice Salad-Baby Spinach Collard Greens	Baked Chicken Thighs White Rice Salad-Beet
14	15	16	17	18	
Soup-Clam Chowder Baked Breaded Chicken Cutlet Roasted Potatoes WW Roll Collard Greens	Chinese Style Pepper Steak Brown Rice Kale with Tomato	Soup-Broccoli and Potato Grilled Chicken Breast Egg Noodles Oriental Blend	Baked Fish with Cream Sauce Baby Carrots with Parsley Baked Potatoes Salad-Pasta	Soup-Chicken Noodle Jumbo Stuffed Shells with Meat Sauce Garlic Bread Roasted Broccoli	Chicken Stir Fry with Vegetables Brown Rice Sautéed Spinach
21	22	23	24	25	
 MLK BIRTHDAY	Soup-Split Pea Baked Mushroom Chicken Roasted Potatoes WW Bread Brussel Sprouts	Baked Breaded Fish French Fries WW Roll Italian Blend Vegetables	Soup-Polish Cabbage Beef Brisket with Tomatoes and Onions Rice with Vegetables Kale and Lemon	Soup-Cream of Broccoli Cranberry Chicken Garlic Bread White Rice Sautéed Spinach	Eggplant Parmesan Pasta Collard Greens
28	29	30	31		
Soup-Butternut Squash Chicken Parmesan Spaghetti WW Roll Boiled Zucchini	Spanish Style Beef Stew White Rice WW Bread Steamed Broccoli	Soup-Lentil Homemade Breaded Fish Egg Noodles Beet Salad	Soup-Broccoli and Potato Pork Spare Ribs Rice with Corn Steamed Spinach		

THE LUNCH MEAL IS SUBJECT TO CHANGE

ALL LUNCHES CONTAIN A COLD PACK 1%MILK FRUIT (If required juice)

NO ONE AGE 60 & OVER WILL BE DENIED A MEAL IF UNABLE TO GIVE THE \$2.00 SUGGESTED DONATION AT 1PM-ANY GUEST UNDER AGE 60, WISHING TO EAT ARE REQUIRED TO PAY \$5. 00

CORE SERVICES

SUMMARY

Case Assistance	Workers assistance seniors age 60 and older with benefit and entitlements. The service is provided to seniors who are physically able to meet with worker(s) at the Senior Center. <ul style="list-style-type: none"> Assist with the Applying/Renewing of Applications for: SCRIE, HEAP, SNAP etc... Review, Read, Explain, Organize Mail Schedule, Confirm, Cancel, Transportation
Information & Referrals	Workers assist in providing <i>Information</i> to seniors on various issues. When seniors have issues that go beyond the scope of the senior center, workers assist in connect seniors to agencies and resources that can better assist by providing <i>Referrals</i> .
Telephone Reassurance	Designed to help homebound elderly and/or disabled individuals to remain independent in their own homes for as long as possible by providing reassuring telephone calls, social support and safety checks. This program hopes to reduce isolation and help recipients feel safer and more connected to their community.
Shopping Assistance	Designed to provide support to an older adult who is isolated because of physical and/or cognitive limitations. It is not intended for the individual who has family support or other means of obtaining groceries.
Health Management & Evidence Base Programs	Designed to provide seniors with Information, Workshops, Lectures and Evidence Base Programs that are geared towards implementing Health and Wellness in one's lifestyle.
Physical Health & Exercise	The Senior Center offers various daily Physical Health and Exercise classes that promote positive Health and Wellness.
Education & Recreation	Designed to provide seniors with Non- Health related topics, Information, Workshops, Lectures and classes . Seniors are also encouraged to participate in recreational celebrations and trips.
Art & Culture	Offering various Cultural Arts programs that help to educate, Inform and connect seniors to museums, tours, lectures and friends with similar interest.
Technology	Offering various Technology classes that help inform and educate seniors on various technologies like Basic Computers, Facebook, Instagram, Twitter, Digital Photography. Etc.
Nutrition Education	Designed to provide seniors with Nutritional Educational Workshops/Lectures where seniors can made healthy food choices.
Congregate Meals	Designed to provide seniors with healthy balance meals. <ul style="list-style-type: none"> Lunch Weekend