

## STEIN NEIGHBORHOOD SENIOR CENTER

**LUNCH MENU- MAY 2019 | LUNCH TIME: 12:00-1:00PM**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | FROZEN   |
|---|---|---|--|--|--|
|   |   | <b>1</b>  | <b>2</b>   | <b>3</b>   |  |
|   |   | Chicken Caprese<br>Herb Potato Salad<br>with Mustard<br>Vinaigrette Red<br>Cabbage Salad  | BBQ Beef Ribs<br>Roasted Zucchini<br>Steamed Corn on<br>the Cob  | Breaded Fish<br>Cauliflower<br>Stuffing Steamed<br>Carrots   | Chili con<br>Carne<br>Rice with<br>Vegetables<br>Green Bean<br>Sautee                        |
| <b>6</b>  | <b>7</b>  | <b>8</b>  | <b>9</b>   | <b>10</b>  |  |
| Chicken Meatballs<br>with Carrot Sauce<br>WW Dinner Roll<br>Ziti<br>Broccoli with<br>Toasted Garlic       | Soup Mushroom<br>Barley<br>Grilled Chicken<br>Breast<br>WW Dinner Roll<br>Mashed<br>Butternut Squash<br>Sautéed String<br>Beans   | Baked Salmon with<br>Cilantro Citrus<br>Sauce<br>WW Dinner Roll<br>Cucumber Dill<br>Salad Spinach,<br>Apple and Red<br>Onion Salad              | Sweet and Sour<br>Chicken Thighs<br>Brown Rice 1 cup<br>Roasted<br>Mushrooms<br>Sautéed Bok<br>Choy        | Beef Brisket with<br>Tomatoes and<br>Onions<br>Orzo<br>Mixed Green Salad<br>Roasted Zucchini                 | Chickpea<br>Stew<br>Hawaiian<br>Chicken Legs<br>White Rice<br>Steamed<br>Kale                |
| <b>13</b>   | <b>14</b>   | <b>15</b>   | <b>16</b>  | <b>17</b>  |  |
| Citrus Sesame<br>Crusted Salmon<br>Wild Rice<br>Broccoli and Red<br>Peppers Tossed<br>Salad with Dressing | Soup Chicken<br>Barley and<br>Vegetable<br>Deluxe<br>Cheeseburger<br>with Onions<br>WW Bun<br>Baked Fries<br>Green Bean<br>Sautee | Honey Mustard<br>Chicken Breast<br>Orzo with<br>Vegetables Whole<br>Wheat Bread<br>Spinach, Apple and<br>Red Onion Salad                        | Grilled Chicken<br>Breast<br>Spinach and<br>Basil Pesto<br>Whole Wheat<br>Spaghetti<br>Steamed Carrots     | Vegetable Baked<br>Ziti with Whole<br>Wheat Pasta<br>Garlic Bread<br>Sautéed Spinach                         | Chicken<br>Parmesan<br>Spaghetti<br>Kale with<br>Tomato                                      |
| <b>20</b>   | <b>21</b>   | <b>22</b>   | <b>23</b>  | <b>24</b>  |  |
| Chicken and Broccoli<br>Stir Fry<br>White Rice<br>Oriental Blend  | BBQ Pulled Pork<br>Cole Slaw Sweet<br>and Tangy<br>Sautéed Collard<br>Greens  | Soup Egg Drop<br>Pepper Flank Steak<br>Egg Noodles<br>Multigrain Bread<br>Broccoli with<br>Toasted Garlic                                       | Whole Roasted<br>Chicken<br>WW Dinner Roll<br>California Blend<br>Vegetables<br>Cheddar and<br>Potato Bake | Baked Flounder<br>Baked Brown Rice<br>Pilaf<br>Kale, Romaine,<br>Apple, Red<br>Cabbage and<br>Parmesan Salad | Baked<br>Chicken<br>Quarters<br>Tomato<br>Sauce<br>Steamed<br>Broccoli<br>Steamed<br>Carrots |
| <b>27</b>   | <b>28</b>   | <b>29</b>   | <b>30</b>  | <b>31</b>  |  |
| Chicken Parmesan<br>Fettuccini with Sauce<br>Sautéed Spinach  | Coconut Curried<br>Cod Fish<br>Baked Red Potato<br>Wedges<br>California Blend<br>Vegetables                                       | Soup Broccoli and<br>Potato<br>Chicken Salad<br>WW Dinner Roll<br>Carrot Apple Raisin<br>Salad Herb Potato<br>Salad with Mustard<br>Vinaigrette | Oven Baked Pork<br>Chops<br>Brown Rice 1 cup<br>Chinese Style<br>Bok Choy                                  | Stuffed Shells with<br>Cheese<br>Garden Salad  | White Rice<br>Chicken<br>Breast<br>Broccoli with<br>Toasted<br>Garlic                        |
|   |   |   |  |  |  |