

## STEIN NEIGHBORHOOD SENIOR CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FROZEN MEALS
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>FROZEN</b>
Chicken Parmesan Oven Bake Mini Roasted Potatoes Broccoli & Baby Carrots Toasted Salad	Broccoli Cheese Quesadilla Mexican Confetti Rice Tossed Salad with Dressing	BBQ Chicken Leg Quarters Baked Macaroni and Cheese Whole Kale with Tomato	Ground Beef Stuffed Bell Peppers with Cheese Cauliflower with Carrots and Parsley	Lemon Salmon Pasta Salad Beet Salad Mixed Green Salad	Mushroom, Red Pepper and Onion Sauté Turkey Meatloaf Rice Pilaf Steamed Broccoli
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>FROZEN</b>
Soup: Chicken Noodle Beef Meatloaf with Mushroom Gravy Baked Potatoes Steamed Spinach	Vegetable Lasagna Baby Spinach Salad	Chicken Caprese Herb Potato Salad with Mustard Vinaigrette Red Cabbage Salad	BBQ Beef Ribs Roasted Zucchini Steamed Corn on the Cob	Homemade Breaded Fish Cauliflower Stuffing Steamed Carrots	Chili con Carne Rice with Vegetables Green Bean Sautee
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>FROZEN</b>
Chicken Meatballs with Carrot Sauce Ziti Broccoli with Toasted Garlic	Soup: Mushroom Barley Grilled Chicken Breast Mashed Butternut Squash Sautéed String Beans	Baked Salmon with Cilantro Citrus Sauce Cucumber Dill Salad Spinach, Apple and Red Onion Salad	Sweet and Sour Chicken Thighs Brown Rice 1 cup Roasted Mushrooms Sautéed Bok Choy	Beef Brisket with Tomatoes and Onions Orzo Mixed Green Salad Roasted Zucchini	Chickpea Stew Hawaiian Chicken Legs White Rice Steamed Kale
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>FROZEN</b>
Citrus Sesame Crusted Salmon Wild Rice Broccoli and Red Peppers Tossed Salad with Dressing	BBQ Ribs Whole Oven Bake Red Potato Cauliflower Stuffing Steamed Carrots Toasted Salad	Honey Mustard Chicken Breast Orzo with Vegetables Spinach, Apple and Red Onion Salad	Grilled Chicken Breast Spinach and Basil Pesto Whole Wheat Spaghetti Steamed Carrots	Chicken Parmesan Spaghetti Kale with Tomato	Vegetable Baked Ziti with Whole Wheat Pasta Garlic Bread Sautéed Spinach

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