



DINING MENU

MAY 2024: THE CENTER @ LENOX HILL NEIGHBORHOOD HOUSE
343 East 70th Street near First Avenue | 212-218-0319

WEEK OF MAY 6 - 12

	BREAKFAST	LUNCH	DINNER
MON [5/6]	Non-Fat Plain Greek Yogurt; coconut granola, oatmeal (vegetarian)	Tuscan Chickpea Pasta w/ Zucchini and Basil; whole wheat dinner roll, beet arugula & feta salad (vegetarian)	Okra w/ Stewed Tomatoes & Chicken; pearled barley, kale salad w/ beets & apple
TUES [5/7]	Bran Flakes Cereal; whole wheat English muffin, hard boiled egg (vegetarian)	Baked Salmon w/ Lemon, Tarragon and Thyme; bulgur, cauliflower & pea curry	Broccoli Cheddar Quiche; whole wheat dinner roll, Italian cut green beans (vegetarian)
WED [5/8]	Whole Wheat Banana French Toast Casserole; cottage cheese (vegetarian)	Habichuelas Guisadas (Stewed Pinto Beans); baked brown rice pilaf, braised collard greens (vegan)	Baked Chicken Thighs; quinoa & wheat berry pilaf, roasted zucchini
THURS [5/9]	Whole Grain Corn Muffins; scrambled eggs, whole wheat bread (vegetarian)	BBQ Pulled Pork; whole wheat hamburger bun, cabbage & apple slaw	White Bean, Eggplant & Tomato Casserole; millet, baby spinach salad w/ lemon vinaigrette (vegan)
FRI [5/10]	Bulgur & Coconut Hot Porridge; hard boiled egg, non-fat plain Greek yogurt (vegetarian)	Beef Meatballs in Tomato Sauce; whole wheat spaghetti, garden salad	Crispy Baked Eggplant Parmesan; bulgur, broccoli w/ toasted garlic (vegetarian)
SAT [5/11]	Spinach & Mozzarella Frittata; buttermilk whole wheat biscuits (vegetarian)	Chicken Adobo; brown rice, balsamic roasted brussels sprouts	Baked Salmon w/ Lemon; bulgur, cauliflower & pea curry (*Grab&Go)
SUN [5/12]	Hard Boiled Egg; whole grain corn muffin (vegetarian)	Egg Frittata w/ Potatoes & Peas; ciabatta bread, kale romaine apple red cabbage & parmesan salad	Habichuelas Guisadas (Stewed Pinto Beans); baked brown rice pilaf, braised collard greens (vegan) (*Grab&Go)

WEEK OF MAY 13 - 19

	BREAKFAST	LUNCH	DINNER
MON [5/13]	Bulgur & Coconut Hot Porridge; hard boiled egg, whole grain corn muffin (vegetarian)	Cauliflower Chickpea Bulgur Bake; mixed green salad (vegan)	Chicken Gumbo; millet, braised collard greens
TUES [5/14]	Scrambled Eggs; turkey bacon, whole wheat bread	Turkey Meatloaf w/ Mushroom Gravy; creamy spinach polenta, green beans	Habichuelas Guisadas (Stewed Pinto Beans); brown rice, steamed cauliflower & yellow plantains (vegan)
WED [5/15]	CLOSED	Lentil Stew w/ Chicken Sausage; millet, steamed cabbage	Springtime Fried Brown Rice; roasted zucchini (vegan)
THURS [5/16]	Hard Boiled Egg; oatmeal, rye bread (vegetarian)	Aromatic Veggie Brown Rice Biryani w/chickpeas; kale romaine apple red cabbage & parmesan salad, raita yogurt (vegetarian)	Chicken Salad; ciabatta bread, beet arugula & feta salad
FRI [5/17]	Buttermilk Whole Wheat Biscuits; scrambled eggs (vegetarian)	Jerk Chicken; black beans & rice, braised collard greens	Baked Ziti w/ Ricotta Cheese; multigrain bread, cucumber & tomato salad w/ balsamic vinaigrette (vegetarian)
SAT [5/18]	Coconut Granola; non-fat plain Greek yogurt, cornbread (vegetarian)	Cod w/ Lemon Pepper; pearled barley, broccoli & red peppers	Turkey Meatloaf w/ Mushrooms; creamy spinach polenta, green beans (*Grab&Go)
SUN [5/19]	Bran Flakes Cereal; whole wheat English muffin, hard boiled egg (vegetarian)	Broccoli Cheddar Quiche; ciabatta bread, beet arugula & feta salad (vegetarian)	Lentil Stew w/ Chicken Sausage; millet, steamed cabbage (*Grab&Go)

FEATURED LOCAL FARMS

Milestone Mill Farm
Kingston, NY

FEATURED INGREDIENT

DRY ORGANIC BLACK BEANS

As a great source of plant-based protein, we use these in many of our popular dishes that highlight spring produce, such as Pastel Azteca and Habichuelas Guisadas/ Stewed Beans.

The high fiber aids digestion, while high iron, phosphorus, calcium, and magnesium contribute to bone health!

FRESH FRUIT SERVED WITH EVERY MEAL

MEAL TIMES

BREAKFAST:

Daily, 8:15-9 a.m.
Check in starts at 8 a.m.

LUNCH:

Daily, 11:30a.m.-12:30 p.m.
Check in starts at 9:30 a.m.

SIT-DOWN DINNER:

Mon-Fri: 4:30-5:30 p.m.
Check in starts at 3:30 p.m.

GRAB & GO DINNER:

Sat-Sun: 1:30-2:30 p.m.
Check in starts at 1 p.m.

CLOSURES

The Center @ 343 East 70th Street will be closed on Monday, May 27 in observance of Memorial Day and closed for breakfast on Wednesday, May 15.

All meals are first-come, first-served, until the end of the meal time or until all food has been served. Please note that veggie burgers are now available only in lieu of meat- or fish-based meals as of November 1. If you would like a veggie burger in lieu of the meat- or fish-based lunch entree, please inform the front desk by 11:15 a.m. for lunch or by 4:15 p.m. for dinner. Cottage cheese in lieu of the entree can be requested until the end of the meal time. Voluntary contribution: Breakfast \$1; Lunch \$1.50; Dinner \$1.50

WEEK OF MAY 20 - 26

	BREAKFAST	LUNCH	DINNER
MON [5/20]	Oatmeal; muffin, hard boiled egg (vegetarian)	Spaghetti Carbonara w/ Turkey Bacon; whole wheat bread, balsamic roasted brussels sprouts	Cuban Black Beans; parmesan barley, cabbage salad w/ wheat berries (vegetarian)
TUES [5/21]	Cinnamon Whole Wheat French Toast; cottage cheese, flax seed (vegetarian)	Coconut Curried Fish; barley & brown rice bake, broccoli w/ toasted garlic	Grilled Chicken Breast; quinoa, Italian cut green beans
WED [5/22]	Pan de Queso (Cheese Rolls); coconut granola, non-fat plain Greek yogurt (vegetarian)	Caribbean Curry with Chickpeas and Spinach; quinoa and wheat berry pilaf and braised collard greens (vegan)	Spinach Mozzarella Quiche; whole wheat dinner roll, arugula salad w/ roasted beets & carrots (vegetarian)
THURS [5/23]	Bran Flakes Cereal; hard boiled egg, seedless rye bread (vegetarian)	Baked Salmon w/ Lemon, Tarragon & Thyme; millet, cauliflower w/ carrots & parsley	Pork Griot; brown rice, roasted zucchini
FRI [5/24]	Whole Wheat English Muffin; scrambled eggs, turkey bacon	Whole Wheat Mac & Cheese w/ Butternut Squash; ciabatta bread, arugula salad w/ roasted beets & carrots (vegetarian)	Pozole Verde (Green Chicken Stew); whole wheat tortilla, romaine kale pepper black olive & feta salad
SAT [5/25]	Whole Wheat Blueberry Muffin; coconut granola, non-fat plain Greek yogurt (vegetarian)	Beef Fajitas; bulgur, collard greens w/ tomato	Coconut Curried Fish; barley & brown rice bake, broccoli w/ toasted garlic (*Grab&Go)
SUN [5/26]	Spinach Feta Pie; bran flakes cereal, multigrain bread (vegetarian)	Chicken Stir Fry w/ Broccoli, Peppers, Carrots; baked brown rice pilaf	Caribbean Curry with Chickpeas and Spinach; quinoa and wheat berry pilaf and braised collard greens (vegan) (*Grab&Go)

WEEK OF MAY 27 - JUNE 2

	BREAKFAST	LUNCH	DINNER
MON [5/27]	CLOSED	CLOSED	CLOSED
TUES [5/28]	Cheddar Cheese Cornbread; cottage cheese, oatmeal (vegetarian)	Quinoa, Corn & Kidney Bean Enchilada Casserole; kale w/ tomato (vegetarian)	Chicken Jambalaya; brown rice, roasted zucchini
WED [5/29]	Whole Wheat English Muffin; hard boiled egg, turkey bacon	Creamy Chickpea Potato Curry; cilantro lime brown rice, braised red cabbage w/ apples (vegan)	Egg Frittata w/ Potatoes & Peas; whole wheat dinner roll, broccoli w/ toasted garlic (vegetarian)
THURS [5/30]	Bulgur & Coconut Hot Porridge; coconut granola, non-fat plain Greek yogurt (vegetarian)	Turkey Bean Chili; parmesan barley, Italian cut green beans	Spring Vegetable Lasagna; ciabatta bread, spinach apple & red onion salad (vegan)
FRI [5/31]	Cinnamon Whole Wheat French Toast; scrambled eggs (vegetarian)	Chicken Gumbo; millet, mixed green salad	Eggplant Bake w/ Meat Sauce; yellow rice, braised collard greens
SAT [6/1]	Eggs a la Mexicana; bran flakes cereal, whole wheat bread (vegetarian)	Tuna Fish Salad; multigrain bread, romaine kale pepper black olive & feta salad	Quinoa, Corn & Kidney Bean Enchilada Casserole; kale w/ tomato (vegetarian)(*Grab&Go)
SUN [6/2]	Buttermilk Whole Wheat Biscuits; oatmeal, hard boiled egg (vegetarian)	Lemon Chicken; bulgur, lima bean succotash	Creamy Chickpea Potato Curry; cilantro lime brown rice, braised red cabbage w/ apples (vegan)(*Grab&Go)

We reserve the right to change the menu as needed, based on product availability or other circumstances. The Center @ Lenox Hill Neighborhood House is funded by the New York City Department for the Aging and private support and contributions.