



DINING MENU

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

WEEK OF APRIL 1 - 7

	BREAKFAST	LUNCH	DINNER
MON [4/1]	Bulgur & Coconut Hot Porridge; hard boiled egg, whole grain corn muffin	Cauliflower Chickpea Bulgur Bake; mixed green salad	Chicken Gumbo; millet, braised collard greens
TUES [4/2]	CLOSED	CLOSED	CLOSED
WED [4/3]	Whole Wheat Cinnamon Pancakes; cottage cheese	Lentil Stew w/ Chicken Sausage; millet, steamed cabbage	Springtime Fried Brown Rice; brown rice, roasted zucchini
THURS [4/4]	Hard Boiled Egg; oatmeal, rye bread	Aromatic Veggie Brown Rice Biryani w/ Chickpeas; kale romaine apple red cabbage parmesan salad, raita yogurt	Chicken Salad; ciabatta bread, beet arugula & feta salad
FRI [4/5]	Buttermilk Whole Wheat Biscuits; scrambled eggs	Jerk Chicken; black beans & rice, braised collard greens	Baked Ziti w/ Ricotta Cheese; multigrain bread, cucumber & tomato salad w/ balsamic vinaigrette
SAT [4/6]	Coconut Granola; cornbread, non-fat plain Greek yogurt	Cod w/ Lemon Pepper; pearled barley, broccoli & red peppers	Turkey Meatloaf w/ Mushrooms; creamy spinach polenta, green beans (*Grab&Go)
SUN [4/7]	Bran Flakes Cereal; whole wheat English muffin, hard boiled egg	Broccoli Cheddar Quiche; ciabatta bread, beet arugula & feta salad	Lentil Stew w/ Chicken Sausage; millet, steamed cabbage (*Grab&Go)

FEATURED LOCAL FARMS

Sunny Harvest Farms
Kirkwood, PA

FEATURED INGREDIENT

CANARY MELON

Sweet like a cantaloupe, the canary melon pairs well with citrus or ginger flavors. Canary melons are an excellent source of fiber, with 10 grams per 1/2-cup serving. They are high in vitamins A & C, supporting eye health and provides protection from cell-damaging free radicals.

**FRESH FRUIT
SERVED WITH
EVERY MEAL**

WEEK OF APRIL 8 - 14

	BREAKFAST	LUNCH	DINNER
MON [4/8]	Oatmeal; hard boiled egg, muffin	Spaghetti Carbonara w/ Turkey Bacon & Peas; whole wheat bread, balsamic roasted brussel sprouts	Cuban Black Beans; parmesan barley, cabbage salad w/ wheat berries
TUES [4/9]	Cinnamon Whole Wheat French Toast; cottage cheese, flax seed	Coconut Curried Fish; barley & brown rice bake, broccoli w/ toasted garlic	Grilled Chicken Breast; quinoa, Italian cut green beans
WED [4/10]	Pan de Queso (Cheese Rolls); non-fat plain Greek yogurt, coconut granola	Chicken Stir Fry w/ Broccoli, Peppers & Carrots; quinoa & wheat berry pilaf, braised collard greens	Spinach Mozzarella Quiche; whole wheat dinner roll, arugula salad w/ roasted beets & carrots
THURS [4/11]	Bran Flakes Cereal; hard boiled egg, seedless rye bread	Baked Salmon w/ Lemon, Tarragon & Thyme; millet, cauliflower w/ carrots & parsley	Pork Griot; brown rice, roasted zucchini
FRI [4/12]	Whole Wheat English Muffin; scrambled eggs, turkey bacon	Whole Wheat Mac & Cheese w/ Butternut Squash; ciabatta bread, arugula salad w/ roasted beets	Pozole Verde (Green Chicken Stew); whole wheat tortilla, romaine kale pepper black olive & feta salad
SAT [4/13]	Coconut Granola; non-fat plain Greek yogurt, whole wheat blueberry muffins	Beef Fajitas; bulgur, collard greens w/ tomato	Coconut Curried Fish; barley & brown rice bake, broccoli w/ toasted garlic (*Grab&Go)
SUN [4/14]	Spinach Feta Pie; bran flakes cereal, multigrain bread	Caribbean Curry w/ Chickpeas & Spinach; baked brown rice pilaf, braised red cabbage w/ apples	Chicken Stir Fry w/ Broccoli, Peppers & Carrots; quinoa & wheat berry pilaf, braised collard greens(*Grab&Go)

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 Tuesday, April 2.

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 APRIL 15 - 21

	BREAKFAST	LUNCH	DINNER
MON [4/15]	Cheesy Grits; muffin, hard boiled egg	Beef Hamburger; whole wheat hamburger bun, cabbage & apple slaw	Lemony Chickpea & Kale Stir-Fry; parmesan barley, baked sweet potato
TUES [4/16]	Cheddar Cheese Cornbread; cottage cheese, oatmeal	Quinoa, Corn & Kidney Bean Enchilada Casserole; kale w/ tomato	Chicken Jambalaya w/ Brown Rice; brown rice, roasted zucchini
WED [4/17]	Whole Wheat English Muffin; hard boiled egg, turkey bacon	Creamy Chickpea Potato Curry; cilantro lime brown rice, braised red cabbage w/ apples	Egg Frittata w/ Potatoes & Peas; whole wheat dinner roll, broccoli w/ toasted garlic
THURS [4/18]	Bulgur & Coconut Hot Porridge; coconut granola, non-fat plain Greek yogurt	Turkey & Beans Chili; parmesan barley, Italian cut green beans	Spring Vegetable Lasagna; ciabatta bread, spinach apple & red onion salad
FRI [4/19]	Cinnamon Whole Wheat French Toast; scrambled eggs	Chicken Gumbo; millet, mixed green salad	Eggplant Bake w/ Meat Sauce; yellow rice, braised collard greens
SAT [4/20]	Eggs a la Mexicana; bran flakes cereal, whole wheat bread	Tuna Fish Salad; multigrain bread, romaine kale pepper black olive & feta salad	Quinoa, Corn & Kidney Bean Enchilada Casserole; kale w/ tomato (*Grab&Go)
SUN [4/21]	Buttermilk Whole Wheat Biscuits; hard boiled egg, oatmeal	Lemon Chicken; bulgur, lima bean succotash	Creamy Chickpea Potato Curry; cilantro lime brown rice, braised red cabbage w/ apples (*Grab&Go)

WEEK OF APRIL 22 - 28

	BREAKFAST	LUNCH	DINNER
MON [4/22]	Bulgur & Coconut Hot Porridge; hard boiled egg, muffin	Bacalao Fresco Guisado (Stewed Codfish); baked brown rice pilaf, Italian cut green beans	Baked Whole Wheat Penne w/ Sausage, Chard & Mushrooms; ciabatta bread, roasted zucchini
TUES [4/23]	Whole Wheat English Muffin; scrambled eggs, turkey bacon	Bulgur Con Pollo (Chicken); braised collard greens	White Bean, Eggplant & Tomato Casserole; millet, garden salad
WED [4/24]	Sheet Pan Whole Wheat Pancakes; cottage cheese	Pastel Azteca Verde (Corn Tortilla Casserole); whole wheat dinner roll, broccoli w/ toasted garlic	Beef Sloppy Joe; whole wheat hamburger bun, romaine kale pepper black olive & feta salad
THURS [4/25]	Hard Boiled Egg; oatmeal, whole wheat bread	Eggplant & Lentil Curry Delight; yellow rice, arugula salad w/ roasted beets & carrots	Stewed Tomatoes & Chicken w/ Okra; brown rice, cole slaw
FRI [4/26]	Vegetable Egg Frittata; whole wheat bread	Baked Salmon w/ Cilantro Citrus Sauce; parmesan barley, Caribbean cole slaw	Habichuelas Guisadas (Stewed Beans); bulgur, kale salad w/ lemon
SAT [4/27]	Coconut Granola; muffin, non-fat plain Greek yogurt	Beef & Broccoli; millet, garden salad	Bulgur Con Pollo (Chicken); braised collard greens (*Grab&Go)
SUN [4/28]	Cheddar Cheese Cornbread; bran flakes cereal, hard boiled egg	Pozole Verde (Green Chicken Stew); whole grain yellow corn tortillas, roasted zucchini	Pastel Azteca Verde (Corn Tortilla Casserole); whole wheat dinner roll, broccoli w/ toasted garlic (*Grab&Go)

WEEK OF APRIL 29 - MAY 5

	BREAKFAST	LUNCH	DINNER
MON [4/29]	Whole Wheat English Muffin; hard boiled egg, bran flakes cereal	Broccoli Cheddar Quiche; whole wheat bread, baby spinach salad w/ lemon	Chicken Gumbo; millet, Italian cut green beans
TUES [4/30]	Cottage Cheese; muffin	Baked Fish w/ Corn & Potato; pearled barley, roasted zucchini	Habichuelas Guisadas (Stewed Beans); brown rice w/ mushrooms, braised red cabbage w/ apples
WED [5/1]	Buttermilk Whole Wheat Biscuits; egg a la Mexicana	Aromatic Veggie Brown Rice Biryani; braised collard greens	Chicken Salad; whole wheat bread, cauliflower w/ carrots & parsley
THURS [5/2]	Hard Boiled Egg; oatmeal, whole wheat bread	Turkey Meatloaf w/ Mushrooms & Peppers; creamed spinach polenta, mixed green salad	Baked Ziti w/ Ricotta Cheese; ciabatta bread, brussel sprouts
FRI [5/3]	Sheet Pan Whole Wheat Pancakes; coconut granola, non-fat plain Greek yogurt	Aromatic Lentil Stew w/ Carrots & Turnips; millet, roasted broccoli	Baked Chicken Thighs; bulgur, kale salad w/ beets & apple
SAT [5/4]	Whole Wheat Cinnamon French Toast; cottage cheese	Beef & Potato Pastelon; ciabatta bread, braised red cabbage w/ apples	Baked Fish w/ Corn & Potato; pearled barley, roasted zucchini (*Grab&Go)
SUN [5/5]	Pumpkin Muffins; scrambled eggs, turkey bacon	Jerk Chicken; rice & beans, Italian cut green beans	Aromatic Veggie Brown Rice Biryani; braised collard greens (*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.