

# DINING MENU

## February- March

**Breakfast: 8:15-9 AM**  
Check in from 8-9

**Lunch: 11:30-12:30 PM**  
Check in from 9:15-12:10 for regular lunch or cottage cheese. Check in for veggie burgers from 9:15-11:10.

**Dinner: 5:30-6:30 PM**  
Check in from 4:30-6:30.

*A donation of \$1 for breakfast, \$1.50 for lunch, and \$1.50 for dinner is suggested. Center meals and programming made possible in part by members' voluntary contributions.*

5 / SUN	6 / MON	7 / TUES	8 / WED	9 / THURS	10 / FRI	11 / SAT
<p><b>Breakfast</b> Fresh Fruit Cottage cheese Multigrain cereal Multigrain bread</p> <p><b>Lunch</b> Baked salmon Baked sweet potato Braised collard greens W.W. roll</p> <p><b>Dinner</b> W.W. spaghetti w/ meatsauce Zucchini &amp; peas</p>	<p><b>Breakfast</b> Fresh Fruit Hard boiled egg Grits Multigrain bread</p> <p><b>Lunch</b> Eggplant parm Carrot salad Sauteed string beans W.W. roll</p> <p><b>Dinner</b> Chicken sausage Cuban black beans &amp; yellow rice Roasted butternut squash</p>	<p><b>Breakfast</b> Fresh Fruit Potato spinach fritatta Multigrain cereal Multigrain bread</p> <p><b>Lunch</b> Roasted chicken Baked sweet potato Broccoli &amp; red peppers Multigrain bread</p> <p><b>Dinner</b> Acadian redfish Quinoa Braised collard greens</p>	<p><b>Breakfast</b> Fresh Fruit Hard boiled egg Granola Yogurt</p> <p><b>Lunch</b> Spinach mozzarella quiche Broccoli, green beans, corn, &amp; peas W.W. roll</p> <p><b>Dinner</b> Stuffed peppers Garden salad</p>	<p><b>Breakfast</b> Fresh Fruit Cinnamon French Toast Oatmeal</p> <p><b>Lunch</b> Chicken ceasar salad W.W. roll</p> <p><b>Dinner</b> Curried tofu w/ broccoli Brown rice Garden salad</p>	<p><b>Breakfast</b> Fresh Fruit Scrambled eggs W.W. English Muffin</p> <p><b>Lunch</b> Baked salmon Tabbouleh Braised collard greens Tartar sauce</p> <p><b>Dinner</b> Shepard's pie w/ beef and turkey Cabbage &amp; carrot slaw W.W. dinner roll</p>	<p><b>Breakfast</b> Fresh Fruit Cottage cheese Wheetena Whole grain muffin</p> <p><b>Lunch</b> Braised Swiss steak Barley Roasted acorn squash</p> <p><b>Dinner</b> Escarole &amp; white bean soup Turkey &amp; american cheese sandwich Baby spinach</p>

We reserve the right to change the menu as needed, based on product availability or other circumstances.

### DAILY CENTER INFORMATION UPDATE VIA PHONE

A reminder to all members: You may call the Center's main number of 212-218-0319 after 8:00pm each evening to hear about any changes and/or class cancellations for the next day, as well as the next day's menu.

### TRANSPORTATION HOTLINE

Did you know that you can call the Center's transportation hotline to request a ride on our bus? Please take advantage of this service by calling 212-218-0505 and leave a message on the phone machine. Someone will get back to you shortly.

### CENTER STAFF

**Jessica Balboni, Director**  
**Alicia Bloomer, Supervising Social Worker**  
**Kristina Bustos, Arts & Wellness Coordinator**  
**Laura DiPaola, Assistant Director of Social Services**  
**Ariana Elezaj, Assistant Director of Administration**  
**Audrey Faison, Generalist**  
**Arlene Rodriguez, Generalist**  
**Rebecca Sullivan, Assistant Director of Arts & Wellness**

# LENOX HILL NEIGHBORHOOD HOUSE

CENTER @ LENOX HILL NEIGHBORHOOD HOUSE



## FEBRUARY NEWSLETTER: This Month at the Center

### NEW CLASSES, WORKSHOPS, & EVENTS

**Individual Talk Therapy:** Lauren Gordon, LCSW, from the organization SPOP, will be offering private, one-on-one talk therapy for members. You can explore and discuss emotions or life circumstances that you may be experiencing in a confidential setting. For more information, please contact Lauren at 646-535-9279. Individual sessions will take place on Tuesdays or Wednesdays at 331 E70th Street.

**Contemporary Hispanic/Latino Culture:** This new 8-week cultural studies class spotlights people of Hispanic/Latino culture who are raising their community's profile today through art, music and activism and who are preserving their history. Special guests have been invited to further the learning and enhance the class experience. This class will be in both English and Spanish and co-led by Center staff members Kristina Bustos and Arlene Rodriguez. Thursdays, 3:00-4:00, CARE.

**Celebrate the Chinese New Year with a performance by seniors from the Manhattan Sirovich Chinese Chorus & Dancing Group:** Enjoy 12 different acts in which members sing in both English and Chinese and perform modern and

traditional dances in beautiful costumes. February 4th at 2:00 in the auditorium at 331 E70th Street.

**NYU Speak Up Group:** Join our NYU Student Speech Therapists for talk and fun activities to work on your communication skills. We offer strategies to improve memory, speech, voice, language and hearing, for people with any or many communication challenges including Aphasia, TB, Parkinsons, Dysarthria, Accent, Language and Hearing. Class begins on February 7th. Tuesdays, 2:45-4:00, CARE

**Healing Meditation Class:** Learn a variety of easy meditation and stress release techniques to silence the chatter in your brain so you can bring positive thoughts and emotions into your life and improve your overall health and well-being. This 8-week session led by Jayne Wiprovnick, R.D., will involve some light chair yoga and movement as well as meditation, discussion, and breathing work. Pre-registration required at Front Desk. Thursdays, 6:30-7:30, CARE.

# DINING MENU

## January - February



LENOX HILL NEIGHBORHOOD HOUSE  
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

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**8:15-9 AM**  
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from 8-9

**Lunch: 11:30-12:30 PM**  
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for regular lunch or cot-  
tage cheese. Check in  
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9:15-11:10.

**Dinner:**  
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*A donation of \$1 for breakfast,  
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5 / SUN	6 / MON	7 / TUES	8 / WED	9 / THURS	10 / FRI	11 / SAT	19 / SUN	20 / MON	21 / TUES	22 / WED	23 / THURS	24 / FRI	25 / SAT
<p><b>Breakfast</b> Fresh Fruit Cottage Cheese Wheatena Multigrain bread</p> <p><b>Lunch</b> Baked chicken thigh Grits Braised collard greens</p> <p><b>Dinner</b> Turkey meatloaf Roasted butternut squash Quinoa pilaf</p>	<p><b>Breakfast</b> Fresh Fruit Scrambled eggs Multigrain bread</p> <p><b>Lunch</b> Breaded tilapia Rice pilaf Braised kale</p> <p><b>Dinner</b> Vegetable lasagna Romaine, carrot, beet, chickpea salad</p>	<p><b>Breakfast</b> Fresh Fruit Cinnamon French Toast Yogurt</p> <p><b>Lunch</b> Hamburger Lettuce &amp; Tomato Cabbage &amp; carrot slaw W.W. bun</p> <p><b>Dinner</b> W.W. spaghetti w/ turkey, cabbage, onions, &amp; mushrooms Garden salad W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Cottage cheese Multigrain cereal W.W. mini bagel</p> <p><b>Lunch</b> Frittata w/ potato and peas Mediterranean salad Multigrain bread</p> <p><b>Dinner</b> BBQ chicken Bulgur Steamed kale</p>	<p><b>Breakfast</b> Fresh Fruit Scrambled eggs W.W. cereal English muffin</p> <p><b>Lunch</b> Chicken parmesan W.W. spaghetti Broccoli &amp; red peppers</p> <p><b>Dinner</b> Minestrone soup W.W. pizza w/ broccoli Baby spinach salad</p>	<p><b>Breakfast</b> Fresh Fruit Greek yogurt Oatmeal Multigrain bread</p> <p><b>Lunch</b> Acadian redfish Couscous, peas, and lemon Baby spinach salad</p> <p><b>Dinner</b> Arroz con pollo Red cabbage salad W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Scrambled eggs Multigrain cereal Carrot muffin</p> <p><b>Lunch</b> Spinach mozzarella quiche Lima bean succotash Multigrain bread</p> <p><b>Dinner</b> Beef chili Brown rice Garden salad</p>	<p><b>Breakfast</b> Fresh Fruit Cottage cheese Oatmeal Multigrain bread</p> <p><b>Lunch</b> Black bean sweet potato chili Brown rice Mediterranean salad</p> <p><b>Dinner</b> Baked salmon Barley, corn, black bean salad Sauteed spinach Tartar sauce</p>	<p><b>Breakfast</b> Fresh Fruit Spinach and potato Frittata Oatmeal Multigrain bread</p> <p><b>Lunch</b> Coconut chicken curry w/ broccoli &amp; tomato Brown rice Chickpea salad w/ tomatoes and parsley</p> <p><b>Dinner</b> Turkey moussaka Broccoli &amp; red peppers W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Whole grain cinnamon French Toast Granola Yogurt</p> <p><b>Lunch</b> Vegetable biryani w/ cauliflower and chickpeas Garden salad Pita halves</p> <p><b>Dinner</b> Tomato soup Tuna fish salad Spinach, apple, &amp; red onion salad Multigrain bread</p>	<p><b>Breakfast</b> Fresh Fruit Hard boiled egg Grits</p> <p><b>Lunch</b> W.W. spaghetti w/ turkey meatsauce Broccoli &amp; red peppers</p> <p><b>Dinner</b> Chicken sausage Garlic mashed potatoes Roasted acorn squash W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Cottage cheese Multigrain cereal W.W. English muffin</p> <p><b>Lunch</b> Baked tilapia w/ mushrooms, peppers, and tomatoes Quinoa pilaf Romaine, carrot, beet, &amp; chickpea salad</p> <p><b>Dinner</b> Curry tofu w/ broccoli Couscous w/ peas and lemon Cauliflower w/ carrots and parsley</p>	<p><b>Breakfast</b> Fresh Fruit Potato spinach frittata Oatmeal</p> <p><b>Lunch</b> Baked ziti w/ meatsauce Sauteed spinach W.W. roll</p> <p><b>Dinner</b> Chicken cacciatore W.W. spaghetti Broccoli &amp; red pepper Romaine, carrot, beet, &amp; chickpea salad</p>	<p><b>Breakfast</b> Fresh Fruit Hard boiled egg Wheatena Muffin</p> <p><b>Lunch</b> Baked chicken thighs Polenta Green beans</p> <p><b>Dinner</b> Baked ziti w/ cheese Braised kale &amp; tomato W.W. roll</p>

12 / SUN	13 / MON	14 / TUES	15 / WED	16 / THURS	17 / FRI	18 / SAT	26 / SUN	27 / MON	28 / TUES	1 / WED	2 / THURS	3 / FRI	4 / SAT
<p><b>Breakfast</b> Fresh Fruit Hard boiled egg Wheatena Multigrain bread</p> <p><b>Lunch</b> Turkey meatloaf Baked sweet potato Beet, argula, &amp; feta salad W.W. roll</p> <p><b>Dinner</b> Baked chicken thigh Polenta Collard greens w/ tomato</p>	<p><b>Breakfast</b> Fresh Fruit Greek yogurt Homemade granola W.W. mini bagel</p> <p><b>Lunch</b> Chicken sausage Louisiana beans and rice Romaine, carrot, beet, chickpea salad</p> <p><b>Dinner</b> Meatballs &amp; tomato sauce W.W. spaghetti Braised collards</p>	<p><b>Breakfast</b> Fresh Fruit Banana cinnamon French toast Oatmeal</p> <p><b>Lunch</b> Butternut squash soup Chicken Caesar salad Multigrain bread</p> <p><b>Dinner</b> Spinach &amp; feta pie Mediterranean salad W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Cottage cheese Multigrain cereal W.W. mini bagel</p> <p><b>Lunch</b> Tuna salad Kale, romaine, apple, red cabbage salad Multigrain bread</p> <p><b>Dinner</b> Chicken stir fry Brown rice Garden salad</p>	<p><b>Breakfast</b> Fresh Fruit Scrambled eggs Multigrain cereal W.W. English muffin</p> <p><b>Lunch</b> Eggplant parmesan Broccoli and red peppers W.W. Roll</p> <p><b>Dinner</b> Beef &amp; vegetable stew Sauteed green beans W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Spinach and cheese frittata Multigrain bread</p> <p><b>Lunch</b> Coconut curry salmon Sweet potatoes Spinach, hardboiled egg, mushroom, &amp; red onion salad</p> <p><b>Dinner</b> Roasted chicken Quinoa pilaf Lima bean succotash</p>	<p><b>Breakfast</b> Fresh Fruit Hard boiled eggs Multigrain cereal W.W. mini bagel</p> <p><b>Lunch</b> Turkey burger Lettuce and tomato Savory potato salad W.W. bun</p> <p><b>Dinner</b> Squash and leek lasagna Romaine, carrot, beet, chickpea salad W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Yogurt Granola Multigrain bread</p> <p><b>Lunch</b> Hamburgers Lettuce and tomato Coleslaw W.W. bun</p> <p><b>Dinner</b> Roasted pork loin Baked sweet potato Sauteed spinach W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Potato and Spinach Frittata Oatmeal Multigrain bread</p> <p><b>Lunch</b> Tuna salad Beet, argula, &amp; feta salad Pita halves</p> <p><b>Dinner</b> Baked chicken thighs Pigeon peas &amp; brown rice Braised collard greens</p>	<p><b>Breakfast</b> Fresh Fruit Cinnamon French Toast Cottage cheese</p> <p><b>Lunch</b> Beef &amp; vegetable stew Romaine, carrot, beet, chickpea salad W.W. roll</p> <p><b>Dinner</b> Spinach mozzarella quiche Kale, apple, romaine, red cabbage salad W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Greek yogurt Multigrain cereal W.W. muffin</p> <p><b>Lunch</b> Chicken Cacciatore W.W. spaghetti Broccoli</p> <p><b>Dinner</b> Vegetable soup Grilled mozzarella &amp; tomato sandwich Baby spinach salad</p>	<p><b>Breakfast</b> Fresh Fruit Scrambled eggs Multigrain bread</p> <p><b>Lunch</b> Roasted pork loin Mashed potatoes w/ baby spinach Red cabbage salad W.W. roll</p> <p><b>Dinner</b> Baked tilapia w/ garlic sauce Barley Sauteed spinach</p>	<p><b>Breakfast</b> Fresh Fruit Potato spinach frittata Turkey bacon English Muffin</p> <p><b>Lunch</b> Garlic crumb crust dogfish Bulgur Mediterranean salad</p> <p><b>Dinner</b> Chickpea stew Brown rice Steamed broccoli &amp; cauliflower W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Hard boiled egg Wheatena Multigrain bagel</p> <p><b>Lunch</b> BBQ chicken Louisiana rice &amp; beans Cauliflower, carrots, and parsley</p> <p><b>Dinner</b> Linguini w/ black bean &amp; tuna Beet, argula, feta salad W.W. roll</p>