

DINING MENU

March-April

**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 cot-
tage 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
and \$1.50 for
lunch and dinner
is suggested.*

26 / SUN	27 / MON	28 / TUES	29 / WED	30 / THURS	31 / FRI	1 / SAT
<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg Wheatena Multigrain bread</p> <p>Lunch</p> <p>Turkey meatloaf Baked sweet potato Beet, arugula, and feta salad W.W. roll</p> <p>Dinner</p> <p>Baked chicken thigh Polenta Collard greens w/ tomato</p>	<p>Breakfast</p> <p>Fresh Fruit Yogurt Granola</p> <p>Lunch</p> <p>Chicken sausage w/ Louisiana kidney beans and rice Romaine, carrot, beet, & chickpea salad</p> <p>Dinner</p> <p>Meatballs & tomato sauce W.W. spaghetti Braised collards</p>	<p>Breakfast</p> <p>Fresh Fruit Cinnamon French toast Oatmeal</p> <p>Lunch</p> <p>Butternut squash soup Chicken Caesar salad Multigrain bread</p> <p>Dinner</p> <p>Spinach & feta pie Mediterranean salad W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage cheese Multigrain cereal W.W. mini bagel</p> <p>Lunch</p> <p>Tuna salad Kale, romaine, apple, cabbage, & red onion salad Multigrain bread</p> <p>Dinner</p> <p>Chicken stir fry Brown rice Garden salad</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled eggs Multigrain cereal English muffin</p> <p>Lunch</p> <p>Eggplant parmesan Broccoli and red peppers W.W. Roll</p> <p>Dinner</p> <p>Beef & vegetable stew Sautéed green beans W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Spinach cheese frittata Multigrain bread</p> <p>Lunch</p> <p>Coconut curry salmon Sweet potatoes Spinach, hardboiled egg, mushroom, & red onion salad</p> <p>Dinner</p> <p>Roasted chicken Quinoa pilaf Lima bean succotash</p>	<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg Multigrain cereal Bagel</p> <p>Lunch</p> <p>Turkey burger Lettuce and tomato Savory potato salad W.W. bun</p> <p>Dinner</p> <p>Squash and leek lasagna Romaine, carrot, beet, & chickpea salad W.W. roll</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



March 2017

As of 2.22.17

NEW CLASSES, WORKSHOPS, & EVENTS

Healthcare Decision Making Workshop: On March 10, 2:30- 4:30 pm, come learn about Health Care Proxies, Living Wills, Do Not Resuscitate Orders, and Medical Orders for Life Sustaining Treatment. There will be an educational presentation open to all members from 2:30-3:30 followed by individual appointments to execute Health Care Proxy and Living Will documents at 3:30. You must pre-register for appointments by calling Jessica at 212-218-0316 and jbalboni@lenoxhill.org. Space limited! Register today! Dining Room.

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.

Re-entering the Workforce Support Group: This group will provide resources and a forum for discussion to support job seekers. The first session's topic is "barriers to re-entering the workforce." The group will be facilitated by Alice Massa, a geriatric occupational therapist for over forty years.

The group will meet on Thursdays, 3:30-4:15 at 331 E70th Street beginning on March 30th. Please contact Lauren Bernstein to register, 212-218- 0413 or lbernstein@lenoxhill.org.

Passport through the Decades: Telling My Story: Tell your unique story in the context of history by traveling through the decades and discussing movies, songs, fashion, books, and more! This class focuses on positive aspects and achievements in each member's life, with participants creating passports that capture the various ages and stages of their lives throughout the decades. The class is led by Columbia University Occupational Therapy graduate students Ariel Cipoletta and Elizabeth Peck and meets each Wednesday from 1:00-2:15pm 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.

DINING MENU

February-March



LENOX HILL NEIGHBORHOOD HOUSE
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26 / SUN	27 / MON	28 / TUES	1 / WED	2 / THURS	3 / FRI	4 / SAT	12 / SUN	13 / MON	14 / TUES	15 / WED	16 / THURS	17 / FRI	18 / SAT
<p>Breakfast</p> <p>Fresh Fruit Yogurt Granola Multigrain bread</p> <hr/> <p>Lunch</p> <p>Hamburgers Lettuce and tomato Coleslaw W.W. bun</p> <hr/> <p>Dinner</p> <p>Roasted pork loin Baked sweet potato Sautéed spinach W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Potato and Spinach Frittata Oatmeal Multigrain bread</p> <hr/> <p>Lunch</p> <p>Tuna salad Beet, arugula, & feta salad Pita halves</p> <hr/> <p>Dinner</p> <p>Baked chicken thighs Pigeon peas & brown rice Braised collard greens</p>	<p>Breakfast</p> <p>Fresh Fruit Cinnamon French Toast Cottage cheese</p> <hr/> <p>Lunch</p> <p>Beef & vegetable stew Romaine, carrot, beet, chickpea salad W.W. roll</p> <hr/> <p>Dinner</p> <p>Spinach mozzarella quiche Kale, apple, romaine, red cabbage salad W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Greek yogurt Multigrain cereal W.W. muffin</p> <hr/> <p>Lunch</p> <p>Chicken Cacciatore W.W. spaghetti Broccoli</p> <hr/> <p>Dinner</p> <p>Vegetable soup Grilled mozzarella & tomato sandwich Baby spinach salad</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled eggs Multigrain bread</p> <hr/> <p>Lunch</p> <p>Roasted pork loin Mashed potatoes w/ baby spinach Red cabbage salad W.W. roll</p> <hr/> <p>Dinner</p> <p>Baked tilapia w/ garlic sauce Barley Sautéed spinach</p>	<p>Breakfast</p> <p>Fresh Fruit Potato spinach frittata Turkey bacon English Muffin</p> <hr/> <p>Lunch</p> <p>Garlic crumb crust dogfish Bulgur Mediterranean salad</p> <hr/> <p>Dinner</p> <p>Chickpea stew Brown rice Steamed broccoli & cauliflower W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg Wheatena Multigrain bagel</p> <hr/> <p>Lunch</p> <p>BBQ chicken Louisiana rice & beans Cauliflower, carrots, and parsley</p> <hr/> <p>Dinner</p> <p>Linguini w/ black bean & tuna Beet, arugula, feta salad W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg Yogurt</p> <hr/> <p>Lunch</p> <p>W.W. spaghetti w/ turkey meat sauce Mediterranean salad</p> <hr/> <p>Dinner</p> <p>Baked chicken thigh Cauliflower w/ carrots W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Whole grain cinnamon French toast Hard boiled egg</p> <hr/> <p>Lunch</p> <p>Pasta fagoli Baby spinach salad W.W. dinner roll</p> <hr/> <p>Dinner</p> <p>Baked chicken breast w/ mushrooms, red peppers, and onion Garden salad Bulgur</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled eggs English muffin Oatmeal</p> <hr/> <p>Lunch</p> <p>Acadian redfish w/ black bean sauce Broccoli, green beans, corn, & peas Bulgur</p> <hr/> <p>Dinner</p> <p>Lentil stew w/ carrots and turnips Barley Sautéed green beans</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage cheese Multigrain cereal W.W. mini bagel</p> <hr/> <p>Lunch</p> <p>Spinach mozzarella quiche Kale, romaine, apple, & red cabbage salad W.W. dinner roll</p> <hr/> <p>Dinner</p> <p>Baked chicken thigh Collard greens w/ tomato Macaroni & cheese</p>	<p>Breakfast</p> <p>Fresh Fruit Potato Spinach frittata Multigrain bread</p> <hr/> <p>Lunch</p> <p>Curry chicken salad Spinach, hard boiled egg, mushroom, & red onion salad Multigrain bread</p> <hr/> <p>Dinner</p> <p>Spaghetti Carbonara w/ green peas Broccoli and red peppers Multigrain bread</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled eggs Turkey bacon Whole grain cereal</p> <hr/> <p>Lunch</p> <p>Baked salmon Garden salad Brown rice pilaf</p> <hr/> <p>Dinner</p> <p>Veggie burger Lettuce and tomato Spinach, hard boiled egg, & red onion salad W.W. bun</p>	<p>Breakfast</p> <p>Fresh Fruit Greek yogurt Granola Scone</p> <hr/> <p>Lunch</p> <p>W.W. spaghetti w/ meat sauce Lima bean succotash</p> <hr/> <p>Dinner</p> <p>Salmon frittata Red cabbage salad W.W. dinner roll</p>

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>Breakfast</p> <p>Fresh Fruit Cottage cheese Multigrain cereal Multigrain bread</p> <hr/> <p>Lunch</p> <p>Baked salmon Baked sweet potato Braised collard greens W.W. roll</p> <hr/> <p>Dinner</p> <p>W.W. spaghetti w/ meat sauce Zucchini & peas</p>	<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg Grits Multigrain bread</p> <hr/> <p>Lunch</p> <p>Eggplant parmesan Carrot salad Sautéed string beans W.W. roll</p> <hr/> <p>Dinner</p> <p>Chicken sausage Cuban black beans & yellow rice Roasted butternut squash</p>	<p>Breakfast</p> <p>Fresh Fruit Potato spinach frittata Multigrain cereal Multigrain bread</p> <hr/> <p>Lunch</p> <p>Roasted chicken Baked sweet potato Broccoli & red peppers Multigrain bread</p> <hr/> <p>Dinner</p> <p>Acadian redfish Quinoa Braised collard greens</p>	<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg Granola Yogurt</p> <hr/> <p>Lunch</p> <p>Spinach mozzarella quiche Broccoli, green beans, corn, & peas W.W. roll</p> <hr/> <p>Dinner</p> <p>Stuffed peppers Garden salad</p>	<p>Breakfast</p> <p>Fresh Fruit Cinnamon French Toast Oatmeal</p> <hr/> <p>Lunch</p> <p>Chicken Caesar salad W.W. roll</p> <hr/> <p>Dinner</p> <p>Curried tofu w/ broccoli Brown rice Garden salad</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled eggs W.W. English Muffin</p> <hr/> <p>Lunch</p> <p>Baked salmon Tabbouleh Braised collard greens Tartar sauce</p> <hr/> <p>Dinner</p> <p>Shepard's pie w/ beef and turkey Cabbage & carrot slaw W.W. dinner roll</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage cheese Wheatena Whole grain muffin</p> <hr/> <p>Lunch</p> <p>Braised Swiss steak Barley Roasted acorn squash</p> <hr/> <p>Dinner</p> <p>Escarole & white bean soup Turkey & American cheese sandwich Baby spinach</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage cheese Wheatena Whole grain bread</p> <hr/> <p>Lunch</p> <p>Baked chicken thighs Polenta Braised collard greens</p> <hr/> <p>Dinner</p> <p>Turkey meatloaf Roasted butternut squash Quinoa pilaf</p>	<p>Breakfast</p> <p>Fresh Fruit Frittata Multigrain bread</p> <hr/> <p>Lunch</p> <p>Baked tilapia Steamed kale Brown rice pilaf</p> <hr/> <p>Dinner</p> <p>Vegetable lasagna Romaine, carrot, beet, & chickpea salad</p>	<p>Breakfast</p> <p>Fresh Fruit Greek yogurt Cinnamon French toast</p> <hr/> <p>Lunch</p> <p>Hamburgers Lettuce and tomato Cabbage carrot slaw W.W. bun</p> <hr/> <p>Dinner</p> <p>W.W. spaghetti w/ turkey, cabbage, onions, & mushrooms Garden salad W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage cheese Multigrain cereal W.W. mini bagel</p> <hr/> <p>Lunch</p> <p>Potato and pea frittata Mediterranean salad Multigrain bread</p> <hr/> <p>Dinner</p> <p>BBQ chicken Bulgur Steamed kale</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled eggs Multigrain cereal W.W. English muffin</p> <hr/> <p>Lunch</p> <p>Chicken parmesan W.W. spaghetti Broccoli w/ red peppers</p> <hr/> <p>Dinner</p> <p>Minestrone soup W.W. pizza w/ broccoli Baby spinach salad</p>	<p>Breakfast</p> <p>Fresh Fruit Greek yogurt Oatmeal Multigrain bread</p> <hr/> <p>Lunch</p> <p>Baked tilapia Couscous w/ peas and lemon Roasted acorn squash</p> <hr/> <p>Dinner</p> <p>Arroz con pollo Red cabbage salad W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled egg Multigrain cereal Carrot scone</p> <hr/> <p>Lunch</p> <p>Spinach mozzarella quiche Lima bean succotash Multigrain bread</p> <hr/> <p>Dinner</p> <p>Beef chili Brown rice Garden salad</p>