

DINING MENU

May- June

**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.*

28 / SUN	29 / MON	30 / TUES	31 / WED	1 / THURS	2 / FRI	3 / SAT
<p>Breakfast Fresh Fruit Hard boiled egg Wheetena Multigrain bread</p> <p>Lunch Turkey meatloaf Beet, arugula, feta salad Yellow plantains</p> <p>Dinner Baked chicken thigh Polenta Corn & black bean salad</p>	<p>Breakfast Fresh Fruit Yogurt Homemade granola</p> <p>Lunch Chicken sausage Kidney beans & rice Romaine, carrot, beet salad</p> <p>Dinner Pepper steak w/ broccoli & tomatoes Bulgur</p>	<p>Breakfast Fresh Fruit Cinnamon French toast Oatmeal</p> <p>Lunch Mushroom soup Chicken Caesar salad Multigrain bread</p> <p>Dinner Spinach feta pie Mediterranean salad W.W. roll</p>	<p>Breakfast Fresh Fruit Cottage cheese Multigrain cereal</p> <p>Lunch Tuna fish salad Kale, romaine, apple, & red cabbage salad Multigrain bread</p> <p>Dinner Chicken stir fry Brown rice Garden salad</p>	<p>Breakfast Fresh Fruit Scrambled eggs Multigrain cereal W.W. English muffin</p> <p>Lunch Eggplant parmesan Zucchini, corn, & tomatoes W.W. roll</p> <p>Dinner Beef & vegetable stew Green beans W.W. roll</p>	<p>Breakfast Fresh Fruit Frittata Multigrain bread</p> <p>Lunch North Atlantic dogfish Spinach, hardboiled egg, mushroom, & red onion salad Yucca w/ red onions</p> <p>Dinner Roasted chicken Quinoa pilaf Lima bean succotash</p>	<p>Breakfast Fresh Fruit Hard boiled egg Multigrain cereal W.W. mini bagel</p> <p>Lunch Hamburger Lettuce & tomato Savory potato salad W.W. bun</p> <p>Dinner Squash & 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.

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



MAY NEWSLETTER: This Month at the Center

NEW CLASSES, WORKSHOPS, & EVENTS

Stroke Prevention and Symptom Recognition Lunch & Learn, May 1, 11:30-12:30, Care Room: Join Dr. Halina White from NY Presbyterian Hospital who will discuss strategies to prevent stroke and how to recognize common signs.

Common Eye Issues with Aging, May 2, 9:15-10:15am, Sun Room, with guest lecturer from Hospital for Special Surgery.

Healthy Snacks Workshop, May 3, 3:30-4:30, Center Kitchen: Lynn Loflin, The Teaching Kitchen Chef, will share tips on how to stabilize blood sugar through healthy eating.

Looking Back from the Gate: A Story of Love, Art and Dementia, May 8, 10:00-11:00am, Sun Room: Join this book reading with author Phyllis Chinlund.

Healthy Brain Aging, May 8, 1:00-2:00pm, Sun Room: Learn what we can do to keep our brain healthy as we age with Licet Valois, LMSW from the Alzheimer's Association. This presentation will be repeated in Spanish on May 22.

Informational Talk on Osteoporosis, May 9, 2:30-3:30pm, Care Room: Learn about the risks, prevention strategies and treatment options with Mary Kiely, DNP, NYU Langone Medical Center.

Technology Workshops in May: Mondays, 1:30-3:00pm, 1st Floor, Conf. A, 331 E70th Street.

5/8: iPhone/iPad for Total Beginners
5/15: iPhone/iPad: Tips & Tricks
5/22: iPhone/iPad: Downloading Apps

Registration required, limited space, must bring own device. Contact Lauren Bernstein to register at 212-218-0477 or lbernstein@lenoxhill.org.

Individual Talk Therapy: Lauren Gordon, LCSW, from the organization SPOP, is offering private, one-on-one talk therapy for members. For more information, contact Lauren at 646-535-9279.

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April-May



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30 / SUN	1 / MON	2 / TUES	3 / WED	4 / THURS	5 / FRI	6 / SAT	14 / SUN	15 / MON	16 / TUES	17 / WED	18 / THURS	19 / FRI	20 / SAT
<p>Breakfast</p> <p>Fresh Fruit Yogurt Granola</p> <hr/> <p>Lunch</p> <p>Hamburger w/ lettuce & tomato Coleslaw W.W. bun</p> <hr/> <p>Dinner</p> <p>Roasted pork loin Baked sweet potato Sautéed spinach</p>	<p>Breakfast</p> <p>Fresh Fruit Frittata Oatmeal W.W. English muffin</p> <hr/> <p>Lunch</p> <p>Tuna salad Beet, arugula, & feta salad W.W. pita halves</p> <hr/> <p>Dinner</p> <p>Baked chicken thigh Pigeon peas w/ rice Collard greens with tomatoes</p>	<p>Breakfast</p> <p>Fresh Fruit Cinnamon French toast Cottage cheese</p> <hr/> <p>Lunch</p> <p>Beef stew Romaine, carrot, beet, & chickpea W.W. dinner roll</p> <hr/> <p>Dinner</p> <p>Spinach & mozzarella quiche Kale, romaine, apple salad W.W. dinner roll</p>	<p>Breakfast</p> <p>Fresh Fruit Greek yogurt W.W. cereal Cranberry scones</p> <hr/> <p>Lunch</p> <p>Chicken cacciatore Yellow squash W.W. spaghetti</p> <hr/> <p>Dinner</p> <p>Cauliflower soup Grilled cheese & tomato sandwich Baby spinach salad</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled eggs Multigrain bread</p> <hr/> <p>Lunch</p> <p>Roast pork loin Mashed potatoes w/ spinach Red cabbage salad</p> <hr/> <p>Dinner</p> <p>Red fish w/ garlic and parsley bread crumbs Sautéed spinach Barley</p>	<p>Breakfast</p> <p>Fresh Fruit Spinach potato frittata Turkey bacon W.W. English muffin</p> <hr/> <p>Lunch</p> <p>Baked tilapia w/ garlic crumb crust 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 Wheatnea Multigrain mini bagel</p> <hr/> <p>Lunch</p> <p>BBQ chicken w/ rice and beans Cauliflower w/ carrots & parsley</p> <hr/> <p>Dinner</p> <p>Pea and salmon frittata Beet & argula salad W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg W.W. mini bagel</p> <hr/> <p>Lunch</p> <p>Baked chicken thigh Polenta Collard greens</p> <hr/> <p>Dinner</p> <p>Baked chicken thigh Cauliflower w/ carrots & parsley W.W. dinner roll</p>	<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg Cinnamon French toast</p> <hr/> <p>Lunch</p> <p>Pasta Primavera Baby spinach salad W.W. roll</p> <hr/> <p>Dinner</p> <p>Chicken breast w/ mushrooms, red onions, & peppers Bulgur</p>	<p>Breakfast</p> <p>Fresh Fruit Potato spinach frittata English Muffin</p> <hr/> <p>Lunch</p> <p>Baked tilapia w/ corn & potato sauce Broccoli, green beans, corn, & peas Bulgur</p> <hr/> <p>Dinner</p> <p>Minestrone soup Tofu Sautéed green beans W.W. dinner roll</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage cheese Wheetena Multigrain bread</p> <hr/> <p>Lunch</p> <p>Spinach mozzarella quiche Kale, romaine, & red cabbage salad W.W. roll</p> <hr/> <p>Dinner</p> <p>Baked chicken thigh Mac & cheese Baked zucchini</p>	<p>Breakfast</p> <p>Fresh Fruit Potato frittata Oatmeal Multigrain bread</p> <hr/> <p>Lunch</p> <p>Chicken curry salad Spinach, hard boiled, egg, mushroom & red onion salad Multigrain bread</p> <hr/> <p>Dinner</p> <p>W.W. pasta w/ pesto & broccoli Meatballs Multigrain bread</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled eggs Turkey bacon W.W. mini bagel</p> <hr/> <p>Lunch</p> <p>Baked salmon Orzo w/ peas and corn Garden salad Tartar sauce</p> <hr/> <p>Dinner</p> <p>Veggie burgers Lettuce & tomato Coleslaw W.W. bun</p>	<p>Breakfast</p> <p>Fresh Fruit Greek yogurt W.W. blueberry scones</p> <hr/> <p>Lunch</p> <p>W.W. Spaghetti w/ meat sauce Lima bean succotash</p> <hr/> <p>Dinner</p> <p>Salmon frittata w/ potato & peas Red cabbage salad W.W. roll</p>

7 / SUN	8 / MON	9 / TUES	10 / WED	11 / THURS	12 / FRI	13 / SAT	21 / SUN	22 / MON	23 / TUES	24 / WED	25 / THURS	26 / FRI	27 / SAT
<p>Breakfast</p> <p>Fresh Fruit Cottage cheese Multigrain cereal Multigrain bread</p> <hr/> <p>Lunch</p> <p>Baked salmon Yellow plantains Braised collard greens</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 Sautéed string beans W.W. dinner roll</p> <hr/> <p>Dinner</p> <p>Chicken sausage w/ Cuban black beans and yellow rice</p>	<p>Breakfast</p> <p>Fresh Fruit Potato spinach frittata Multigrain bread</p> <hr/> <p>Lunch</p> <p>Rosemary chicken Broccoli & red peppers Roasted potatoes W.W. roll</p> <hr/> <p>Dinner</p> <p>Tilapia w/ collard greens Barley</p>	<p>Breakfast</p> <p>Fresh Fruit Hardboiled 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>Tofu w/ broccoli & curry Brown rice Mediterranean salad</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled eggs W.W. English muffin</p> <hr/> <p>Lunch</p> <p>Baked salmon Tabbouleh salad Corn & peas</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 Blueberry scones</p> <hr/> <p>Lunch</p> <p>Swiss steak Barley Zucchini, corn, & tomatoes</p> <hr/> <p>Dinner</p> <p>Escarole and white bean soup Turkey & cheese sandwich Baby spinach salad</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage cheese Wheetena Multigrain bread</p> <hr/> <p>Lunch</p> <p>Baked chicken thigh Polenta Cauliflower w/ carrots</p> <hr/> <p>Dinner</p> <p>Turkey meatloaf Quinoa pilaf Zucchini & peas</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled eggs Multigrain bread</p> <hr/> <p>Lunch</p> <p>Baked salmon Rice pilaf Collard greens</p> <hr/> <p>Dinner</p> <p>W.W. vegetable lasagna Romaine, carrot, beet, chickpea salad</p>	<p>Breakfast</p> <p>Fresh Fruit Yogurt Cinnamon French Toast</p> <hr/> <p>Lunch</p> <p>Hamburger Cabbage carrot slaw Lettuce & tomato W.W. bun</p> <hr/> <p>Dinner</p> <p>W.W. pasta w/ turkey cabbage, onions, and 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 & pea frittata Chickpea salad Multigrain bread</p> <hr/> <p>Dinner</p> <p>BBQ chicken Steamed kale Bulgur</p>	<p>Breakfast</p> <p>Fresh Fruit Potato Spinach frittata W.W. English muffin</p> <hr/> <p>Lunch</p> <p>Beef pepper steak w/ broccoli & red peppers Yucca & onions Multigrain bread</p> <hr/> <p>Dinner</p> <p>Minestrone soup W.W. pizza w/ broccoli Spinach salad</p>	<p>Breakfast</p> <p>Fresh Fruit Yogurt Oatmeal Multigrain bread</p> <hr/> <p>Lunch</p> <p>Acadian red fish Couscous peas & lemon Baked zucchini</p> <hr/> <p>Dinner</p> <p>Arroz con pollo Red cabbage salad W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Omelet Carrot raisin 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 Mediterranean salad</p>