

# DINING MENU

## July

**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.*

JULY 23 / SUN	JULY 24 / MON	JULY 25 / TUES	JULY 26 / WED	JULY 27 / THURS	JULY 28 / FRI	JULY 29 / SAT
<p><b>Breakfast</b></p> <p>Fresh Fruit Yogurt Granola</p> <hr/> <p><b>Lunch</b></p> <p>Hamburger w/ lettuce &amp; tomato Coleslaw W.W. bun</p> <hr/> <p><b>Dinner</b></p> <p>Roasted pork loin Baked sweet potato Sautéed spinach</p>	<p><b>Breakfast</b></p> <p>Fresh Fruit Frittata Oatmeal W.W. English muffin</p> <hr/> <p><b>Lunch</b></p> <p>Tuna salad Beet, arugula, &amp; feta salad W.W. pita halves</p> <hr/> <p><b>Dinner</b></p> <p>Baked chicken thigh Pigeon peas w/ rice Collard greens with tomatoes</p>	<p><b>Breakfast</b></p> <p>Fresh Fruit Cinnamon French toast Cottage cheese</p> <hr/> <p><b>Lunch</b></p> <p>Beef stew Romaine, carrot, beet, &amp; chickpea W.W. dinner roll</p> <hr/> <p><b>Dinner</b></p> <p>Spinach &amp; mozzarella quiche Kale, romaine, apple salad W.W. dinner roll</p>	<p><b>Breakfast</b></p> <p>Fresh Fruit Greek yogurt W.W. cereal Cranberry scones</p> <hr/> <p><b>Lunch</b></p> <p>Chicken cacciatore Yellow squash W.W. spaghetti</p> <hr/> <p><b>Dinner</b></p> <p>Cauliflower soup Grilled cheese &amp; tomato sandwich Baby spinach salad</p>	<p><b>Breakfast</b></p> <p>Fresh Fruit Scrambled eggs Multigrain bread</p> <hr/> <p><b>Lunch</b></p> <p>Roast pork loin Mashed potatoes w/ spinach Red cabbage salad</p> <hr/> <p><b>Dinner</b></p> <p>Salmon w/ garlic and parsley bread crumbs Sautéed spinach Barley</p>	<p><b>Breakfast</b></p> <p>Fresh Fruit Spinach potato frittata Turkey bacon W.W. English muffin</p> <hr/> <p><b>Lunch</b></p> <p>Baked tilapia w/ garlic crumb crust Bulgur Mediterranean salad</p> <hr/> <p><b>Dinner</b></p> <p>Chickpea stew Brown rice Steamed broccoli &amp; cauliflower W.W. roll</p>	<p><b>Breakfast</b></p> <p>Fresh Fruit Hard boiled egg Wheatnea Multigrain mini bagel</p> <hr/> <p><b>Lunch</b></p> <p>Egg salad w/ potato salad Multigrain bread</p> <hr/> <p><b>Dinner</b></p> <p>BBQ Chicken Rice &amp; beans Cauliflower w/ carrots &amp; parsley</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**

**Rebecca Sullivan, Assistant Director of Arts & Wellness**

# LENOX HILL NEIGHBORHOOD HOUSE

CENTER @ LENOX HILL NEIGHBORHOOD HOUSE



## JULY NEWSLETTER: This Month at the Center

***Our goal is to create a beloved community and this will require a qualitative change in our souls as well as a quantitative change in our lives.***  
~ Dr. Martin Luther King Jr.

Here at the Center @ Lenox Hill Neighborhood House we serve more than 250 members daily through our arts and wellness programming and social services groups. What makes these classes, workshops, and discussion groups so enriching is you, the members, who come from all walks of life – speaking different languages, including English, Chinese, Spanish, Tagalog, Korean, French and Russian to name just a few!

The diversity of cultures and languages is represented at the Center. Every Thursday morning, a group of Chinese members carry on their dance traditions through our Chinese Folk Dance. We have instructor Theresa Cruz, also a Center member, teaching three Spanish classes. Meanwhile, our Arts & Wellness Coordinator Kristina Bustos teaches cultural courses like Filipino American Studies, Contemporary Hispanic and Latino Culture and Women's Activism in the United States.

Our art classes like Painting Studio on Fridays bring together so many members who sit together to paint and socialize with some of their artwork hanging throughout the Center. Jazz classes like The Art of Jazz Ballad and Jazz Vocal Workshop taught by our Assistant Director of Arts & Wellness Rebecca Sullivan gather music lovers to listen and sing their favorite jazz tunes.

Our yoga classes – Dahn Yoga, Yoga (all levels), Gentle Yoga and Back Restore Yoga – are full of members with different levels of physical abilities.

Our support groups – Building Happiness, Keeping Calm for Anxiety, and Decluttering – led by our social services team Alicia Bloomer and Laura DiPaola – connect members to share and comfort one another.

Our bulletin board celebrates the heritage and history of different communities – from Black History Month in February to Immigrant Heritage Month in June.

These are just a sample of what makes The Center @ Lenox Hill Neighborhood House vibrant and beautifully diverse. We want to continue celebrating you – your culture and heritage. We invite members to help us plan our upcoming **INTERCULTURAL FAIR** which will take place on **July 26, 2017 from 3:00 to 5:00pm in the Dining Room**. If you have recipes, traditional clothing, photographs, art or artifacts, music, instruments or songs, or a skill and simple craft to teach that reflect your heritage and that you would like to share, please come to our planning sessions. Help us plan this celebration for you and find out how to contribute on:

**When: Wednesdays, July 12th and July 19th**

**Time: 4:00 PM – 5:00 PM**

**Location: VISTA Room at 343 East 70th Street**

We hope to see you there!

# DINING MENU

## June-July



LENOX HILL NEIGHBORHOOD HOUSE  
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

JUNE 25 / SUN	JUNE 26 / MON	JUNE 27 / TUES	JUNE 28 / WED	JUNE 29 / THURS	JUNE 30 / FRI	JULY 1 / SAT	JULY 9 / SUN	JULY 10 / MON	JULY 11 / TUES	JULY 12 / WED	JULY 13 / THURS	JULY 14 / FRI	JULY 15 / SAT
<p><b>Breakfast</b> Fresh Fruit Hard boiled egg W.W. mini bagel</p> <p><b>Lunch</b> Turkey meat sauce W.W. Spaghetti Garden Salad</p> <p><b>Dinner</b> Baked chicken thigh Cauliflower w/ carrots &amp; parsley W.W. dinner roll</p>	<p><b>Breakfast</b> Fresh Fruit Cinnamon French Toast Hard boiled egg</p> <p><b>Lunch</b> Pasta primavera Baby spinach salad W.W. roll</p> <p><b>Dinner</b> Chicken cacciatore Kale salad Bulgur</p>	<p><b>Breakfast</b> Fresh Fruit Frittata with peppers and onions W.W. English muffins</p> <p><b>Lunch</b> Tilapia with corn and potato sauce Broccoli, corn, and peas Bulgur</p> <p><b>Dinner</b> Minestrone soup Tofu Sautéed green beans W.W. dinner roll</p>	<p><b>Breakfast</b> Fresh Fruit Cottage cheese Wheateena Multigrain bread</p> <p><b>Lunch</b> Spinach mozzarella quiche Green salad W.W. Roll</p> <p><b>Dinner</b> Baked chicken thigh Mac &amp; cheese Baked zucchini</p>	<p><b>Breakfast</b> Fresh Fruit Potato spinach frittata Oatmeal Multigrain bread</p> <p><b>Lunch</b> Chicken curry salad w/ apples and peas Baby spinach salad Barley</p> <p><b>Dinner</b> W.W. pasta w/ pesto &amp; broccoli Meatballs Multigrain bread</p>	<p><b>Breakfast</b> Fresh Fruit Hardboiled egg Turkey bacon W.W. mini bagel</p> <p><b>Lunch</b> Salmon Orzo w/ corn and peas Garden salad</p> <p><b>Dinner</b> Veggie burgers Lettuce &amp; tomato Coleslaw W.W. bun</p>	<p><b>Breakfast</b> Fresh Fruit Yogurt Blueberry scones</p> <p><b>Lunch</b> W.W. spaghetti w/ meat sauce Lima bean succotash</p> <p><b>Dinner</b> Salmon frittata w/ potato &amp; peas Red cabbage salad W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Hard boiled egg Wheetena Multigrain bread</p> <p><b>Lunch</b> Turkey meatloaf Beet, arugula, feta salad Yellow plantains</p> <p><b>Dinner</b> Baked chicken thigh Polenta Corn &amp; black bean salad</p>	<p><b>Breakfast</b> Fresh Fruit Yogurt Homemade granola</p> <p><b>Lunch</b> Chicken sausage Kidney beans &amp; rice Romaine, carrot, beet salad</p> <p><b>Dinner</b> Pepper steak w/ broccoli &amp; tomatoes Bulgur</p>	<p><b>Breakfast</b> Fresh Fruit Cinnamon French toast Oatmeal</p> <p><b>Lunch</b> Mushroom soup Chicken Caesar salad Multigrain bread</p> <p><b>Dinner</b> Spinach feta pie Mediterranean salad W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Cottage cheese Multigrain cereal</p> <p><b>Lunch</b> Tuna fish salad Kale, romaine, apple, &amp; 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 Zucchini, corn, &amp; tomatoes W.W. roll</p> <p><b>Dinner</b> Beef &amp; vegetable stew Green beans W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Frittata Multigrain bread</p> <p><b>Lunch</b> Tilapia Coconut Curry Spinach, hardboiled egg, mushroom, &amp; red onion salad Yucca w/ red onions</p> <p><b>Dinner</b> Roasted chicken Quinoa pilaf Lima bean succotash</p>	<p><b>Breakfast</b> Fresh Fruit Hard boiled egg Multigrain cereal W.W. mini bagel</p> <p><b>Lunch</b> Hamburger Lettuce &amp; tomato Savory potato salad W.W. bun</p> <p><b>Dinner</b> Squash &amp; leek lasagna Romaine, carrot, beet, &amp; chickpea salad W.W. roll</p>

**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.*

JULY 2 / SUN	JULY 3 / MON	JULY 4 / TUES	JULY 5 / WED	JULY 6 / THURS	JULY 7 / FRI	JULY 8 / SAT	JULY 16 / SUN	JULY 17 / MON	JULY 18 / TUES	JULY 19 / WED	JULY 20 / THURS	JULY 21 / FRI	JULY 22 / SAT
<p><b>Breakfast</b> Fresh Fruit Cottage cheese Wheateena Multigrain bread</p> <p><b>Lunch</b> Baked Chicken thighs Polenta Cauliflower &amp; carrots</p> <p><b>Dinner</b> Turkey loaf Quinoa pilaf Zucchini &amp; peas</p>	<p><b>Breakfast</b> Fresh Fruit Scrambled eggs Multigrain bread</p> <p><b>Lunch</b> Baked salmon Rice pilaf Collard greens</p> <p><b>Dinner</b> W.W. vegetable lasagna Romaine, carrot, beet, chickpea salad</p>	<p><b>Breakfast</b> Fresh Fruit Yogurt Cinnamon French Toast</p> <p><b>Lunch</b> Hamburger Cabbage carrot slaw Lettuce &amp; tomato W.W. bun</p> <p><b>Dinner</b> W.W. pasta w/ turkey cabbage, onions, and 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> Potato &amp; pea frittata Chickpea salad Multigrain bread</p> <p><b>Dinner</b> BBQ chicken Steamed kale Bulgur</p>	<p><b>Breakfast</b> Fresh Fruit Potato Spinach frittata W.W. English muffin</p> <p><b>Lunch</b> Beef pepper steak w/ broccoli &amp; red peppers Yucca &amp; onions Multigrain bread</p> <p><b>Dinner</b> Minestrone soup W.W. pizza w/ broccoli Spinach salad</p>	<p><b>Breakfast</b> Fresh Fruit Yogurt Oatmeal Multigrain bread</p> <p><b>Lunch</b> Tilapia Couscous peas &amp; lemon Baked zucchini</p> <p><b>Dinner</b> Arroz con pollo Red cabbage salad W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Omelet Carrot raisin scone</p> <p><b>Lunch</b> Spinach mozzarella quiche Lima bean succotash Multigrain bread</p> <p><b>Dinner</b> Beef chili Brown rice Mediterranean salad</p>	<p><b>Breakfast</b> Fresh Fruit Cottage cheese Multigrain cereal Multigrain bread</p> <p><b>Lunch</b> Black bean sweet potato chili Brown rice Spinach salad</p> <p><b>Dinner</b> Baked Salmon Barley, corn, &amp; black bean salad Sautéed Spinach</p>	<p><b>Breakfast</b> Fresh Fruit Pepper &amp; onion Frittata Multigrain bread</p> <p><b>Lunch</b> Coconut curry chicken w/ broccoli &amp; tomato Brown rice Chickpea &amp; tomato salad</p> <p><b>Dinner</b> Turkey Shepard's 'pie Broccoli &amp; red peppers W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Banana French toast Yogurt Granola</p> <p><b>Lunch</b> Tuna nicoise salad w/ potatoes &amp; green beans W.W. pita</p> <p><b>Dinner</b> Tomato soup w/ grilled cheese Spinach &amp; red onion salad</p>	<p><b>Breakfast</b> Fresh Fruit Hard boiled egg Grits</p> <p><b>Lunch</b> W.W. spaghetti w/ turkey meat sauce Broccoli &amp; red peppers</p> <p><b>Dinner</b> Chicken sausage Garlic mashed potatoes Zucchini &amp; peas W.W. roll</p>	<p><b>Breakfast</b> Fresh Fruit Cottage cheese Multigrain cereal W.W. English muffin</p> <p><b>Lunch</b> Tilapia w/ mushrooms, peppers, &amp; tomatoes Quinoa pilaf Romaine, carrot, &amp; beet salad</p> <p><b>Dinner</b> Curried tofu w/ broccoli Couscous</p>	<p><b>Breakfast</b> Fresh Fruit Potato &amp; pea frittata Oatmeal</p> <p><b>Lunch</b> Baked ziti w/ meat sauce Sautéed spinach W.W. dinner roll</p> <p><b>Dinner</b> Chicken cacciatore W.W. spaghetti Broccoli &amp; red peppers</p>	<p><b>Breakfast</b> Fresh Fruit Hard boiled egg Wheetena Carrot raisin scone</p> <p><b>Lunch</b> Baked chicken thigh Polenta Sautéed greens beans</p> <p><b>Dinner</b> Baked ziti Kale &amp; tomato W.W. roll</p>