

DINING MENU

September

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. Check in for veggie burgers from 4:30 to 5:15.

A donation of \$1 for breakfast and \$1.50 for lunch and dinner is suggested.

| SEPT 24 / SUN | SEPT 25 / MON | SEPT 26 / TUES | SEPT 27 / WED | SEPT 28 / THURS | SEPT 29 / FRI | SEPT 30 / SAT |
|--|---|--|--|--|--|--|
| <p>Breakfast</p> <p>Fresh Fruit Cottage cheese Wheetena Multigrain bread</p> <p>Lunch</p> <p>Baked chicken thigh Polenta Cauliflower w/ carrots</p> <p>Dinner</p> <p>Turkey meatloaf Quinoa pilaf Zucchini & peas</p> | <p>Breakfast</p> <p>Fresh Fruit Hard boiled egg Blueberry muffin</p> <p>Lunch</p> <p>Pasta Fagoli Baby spinach salad W.W. dinner roll</p> <p>Dinner</p> <p>Baked turkey breast Bulgur pilaf Bok choy with sautéed mushrooms red pepper and onion</p> | <p>Breakfast</p> <p>Fresh Fruit Spanish frittata Oatmeal W.W. English muffin</p> <p>Lunch</p> <p>Cornmeal crusted catfish Black beans and rice Roasted acorn squash</p> <p>Dinner</p> <p>Hungarian style Beef stew Polenta Roasted butternut squash</p> | <p>Breakfast</p> <p>Fresh Fruit Cottage cheese Wheetena Multigrain bread</p> <p>Lunch</p> <p>Spinach mozzarella quiche Kale and cabbage salad Multigrain bread</p> <p>Dinner</p> <p>BBQ chicken thighs Macaroni & cheese Broccoli w/ toasted garlic</p> | <p>Breakfast</p> <p>Fresh Fruit Potato spinach frittata Multigrain bread</p> <p>Lunch</p> <p>Tomato rice soup Egg salad Stewed okra Multigrain bread</p> <p>Dinner</p> <p>Spaghetti & meatballs w/ pesto broccoli</p> | <p>Breakfast</p> <p>Fresh Fruit Baked eggs Turkey bacon W.W. mini bagel</p> <p>Lunch</p> <p>Baked salmon Orzo w/ vegetables Garden salad Tartar sauce</p> <p>Dinner</p> <p>Veggie burgers Lettuce & tomato Spinach salad W.W. bun</p> | <p>Breakfast</p> <p>Fresh Fruit Greek yogurt Blueberry muffins</p> <p>Lunch</p> <p>Spaghetti Bolognese Lima bean succotash</p> <p>Dinner</p> <p>Salmon frittata w/ potatoes and peas Red cabbage salad Multigrain bread</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
Kristina Bustos, Arts & Wellness Coordinator
Ariana Elezaj, Assistant Director of Administration
Audrey Faison, Generalist
Jocelyn Rodman, Generalist
Rebecca Sullivan, Assistant Director of Arts & Wellness
Patricia Tu, Assistant Director of Social Services

LENOX HILL NEIGHBORHOOD HOUSE

CENTER @ LENOX HILL NEIGHBORHOOD HOUSE



SEPTEMBER NEWSLETTER: This Month at the Center



Meet Patricia Tu, our new Social Worker!

In August, we welcomed Patricia Tu to our team as our new Assistant Director of Social Services. Please say hello if you see her around the Center. Prior to joining Lenox Hill Neighborhood House Patricia was most recently a LMSW Social Worker for Selfhelp Community Services geriatric case management in Queens. She is a graduate of New York University Silver School of Social Work from which she received both her BSW and MSW. Previously, Patricia worked in the medical field for private ophthalmology and endocrinology practices and has also taught music/academic enrichment in community-based programs. She is an avid hiker and cat lover!

September is Healthy Aging Month!

We asked a few of our Center members to tell us their secrets for healthy and happy aging. Here's what they had to say:

"You have to follow your doctor's orders, do your exercise or physical therapy to stay active, follow your diet (well, I do sneak the wrong foods occasionally!), and take your medications on time. I'm fortunate to have reached my age. I was born on Christmas, so that might have something to do with it too!" -Juliette, 88

"Just be upfront and direct . . . but with finesse. (This must be tempered with compassion, good judgment, and kindness.) If you can't be straight with yourself, who are you going to be straight with? Too much of a good thing is no good—it's all about balance!" -Jackie, 88

Find love (I was lucky, I found two in my life), always be faithful to your partner, learn how to compromise, keep busy and active, volunteer a lot (it's kept me young), keep your companion happy, and dance (even if it's slow!). -Bob, 81

"Take your pills every day and exercise. And try treating others as you wish to be treated!"-Zoratia, 85

"Just try to be happy!" -Bobo, 82

"I have two words: keep moving!" -Harry, 93

Please see our Activity Calendar for a list of health and wellness events taking place this month.

DINING MENU

August-September



LENOX HILL NEIGHBORHOOD HOUSE
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

| AUG 27 / SUN | AUG 28 / MON | AUG 29 / TUES | AUG 30 / WED | AUG 31 / THURS | SEPT 1 / FRI | SEPT 2 / SAT | SEPT 10 / SUN | SEPT 11 / MON | SEPT 12 / TUES | SEPT 13 / WED | SEPT 14 / THURS | SEPT 15 / FRI | SEPT 16 / SAT |
|---|--|--|--|---|---|---|--|--|--|---|---|--|--|
| <p>Breakfast Fresh Fruit Cottage cheese Oatmeal Multigrain bread</p> <p>Lunch Black bean & sweet potato chili Brown rice Mediterranean salad</p> <p>Dinner Baked salmon Sautéed spinach Barley, corn, and black bean salad</p> | <p>Breakfast Fresh Fruit Pepper & onion Frittata Multigrain bread</p> <p>Lunch Coconut curry chicken w/ broccoli & tomato Brown rice Chickpea & tomato salad</p> <p>Dinner Turkey Shepard's pie Broccoli & red peppers Multigrain bread</p> | <p>Breakfast Fresh Fruit Banana French toast Yogurt Granola</p> <p>Lunch Tuna nicoise salad w/ potatoes & green beans W.W. pita</p> <p>Dinner Tomato soup w/ grilled cheese Spinach & red onion salad</p> | <p>Breakfast Fresh Fruit Hard boiled egg Grits</p> <p>Lunch W.W. spaghetti w/ Bolognese Broccoli & red peppers</p> <p>Dinner Chicken sausage Garlic mashed potatoes Zucchini & peas W.W. roll</p> | <p>Breakfast Fresh Fruit Cottage cheese Multigrain cereal W.W. English muffin</p> <p>Lunch Acadian Red Fish w/ mushrooms, peppers, & tomatoes Quinoa pilaf Romaine, carrot, & beet salad</p> <p>Dinner Curried tofu w/ broccoli Couscous</p> | <p>Breakfast Fresh Fruit Potato & pea frittata Oatmeal</p> <p>Lunch Baked ziti w/ meat sauce Sautéed spinach W.W. dinner roll</p> <p>Dinner Chicken cacciatore W.W. spaghetti Broccoli & red peppers</p> | <p>Breakfast Fresh Fruit Hard boiled egg Wheetena Carrot raisin scone</p> <p>Lunch Baked chicken thigh Cheesy Polenta Sautéed greens beans</p> <p>Dinner Baked ziti Braised kale & tomato Multigrain bread</p> | <p>Breakfast Fresh Fruit Cottage cheese Multigrain cereal Multigrain bread</p> <p>Lunch Baked salmon Yellow plantains Braised collard greens</p> <p>Dinner W.W. spaghetti w/ meat sauce Zucchini & peas</p> | <p>Breakfast Fresh Fruit Hard boiled egg Grits Multigrain bread</p> <p>Lunch Eggplant parmesan Sautéed string beans W.W. dinner roll</p> <p>Dinner Chicken sausage w/ Cuban black beans and yellow rice</p> | <p>The Center is closed for Primary Elections. No Meals will be served.</p> | <p>Breakfast Fresh Fruit Hardboiled egg Granola Yogurt</p> <p>Lunch Spinach mozzarella quiche Broccoli, green bean, corn & peas W.W. Roll</p> <p>Dinner Stuffed peppers Garden salad</p> | <p>Breakfast Fresh Fruit Cinnamon French toast Oatmeal</p> <p>Lunch Chicken Caesar salad W.W. roll</p> <p>Dinner Tofu w/ broccoli & curry Brown rice Mediterranean salad</p> | <p>Breakfast Fresh Fruit Scrambled eggs W.W. English muffin</p> <p>Lunch Baked salmon Tabbouleh salad Corn & peas</p> <p>Dinner Shepard's pie w/ beef and turkey Cabbage & carrot slaw W.W. dinner roll</p> | <p>Breakfast Fresh Fruit Cottage cheese Wheatena Blueberry scones</p> <p>Lunch Swiss steak Barley Zucchini, corn, & tomatoes</p> <p>Dinner Escarole and white bean soup Turkey & cheese sandwich Baby spinach salad</p> |

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| SEPT 3 / SUN | SEPT 4 / MON | SEPT 5 / TUES | SEPT 6 / WED | SEPT 7 / THURS | SEPT 8 / FRI | SEPT 9 / SAT | SEPT 17 / SUN | SEPT 18 / MON | SEPT 19 / TUES | SEPT 20 / WED | SEPT 21 / THURS | SEPT 22 / FRI | SEPT 23 / SAT |
|--|--|--|---|--|--|---|--|--|---|---|--|--|--|
| <p>Breakfast Fresh Fruit Yogurt Granola</p> <p>Lunch Hamburger w/ lettuce & tomato Coleslaw W.W. bun</p> <p>Dinner Roasted pork loin Baked sweet potato Sautéed spinach</p> | <p>Breakfast Fresh Fruit Frittata Oatmeal W.W. English muffin</p> <p>Lunch Tuna salad Beet, arugula, & feta salad W.W. pita halves</p> <p>Dinner Baked chicken thigh Pigeon peas w/ rice Collard greens with tomatoes</p> | <p>Breakfast Fresh Fruit Cinnamon French toast Cottage cheese</p> <p>Lunch Beef stew Romaine, carrot, beet, & chickpea W.W. dinner roll</p> <p>Dinner Spinach & mozzarella quiche Kale, romaine, apple salad W.W. dinner roll</p> | <p>Breakfast Fresh Fruit Greek yogurt W.W. cereal Cranberry scones</p> <p>Lunch Chicken cacciatore Yellow squash W.W. spaghetti</p> <p>Dinner Cauliflower soup Grilled cheese & tomato sandwich Baby spinach salad</p> | <p>Breakfast Fresh Fruit Scrambled eggs Multigrain bread</p> <p>Lunch Roast pork loin Mashed potatoes w/ spinach Red cabbage salad</p> <p>Dinner Red fish w/ garlic and parsley bread crumbs Sautéed spinach Barley</p> | <p>Breakfast Fresh Fruit Spinach potato frittata Turkey bacon W.W. English muffin</p> <p>Lunch Baked tilapia w/ garlic crumb crust Bulgur Mediterranean salad</p> <p>Dinner Chickpea stew Brown rice Steamed broccoli & cauliflower W.W. roll</p> | <p>Breakfast Fresh Fruit Hard boiled egg Wheatena Multigrain mini bagel</p> <p>Lunch Egg salad Homemade potato salad Multigrain bread</p> <p>Dinner Pea and salmon frittata Beet & arugula salad W.W. roll</p> | <p>Breakfast Fresh Fruit Hard boiled egg W.W. mini bagel</p> <p>Lunch Turkey meat sauce W.W. Spaghetti Garden Salad</p> <p>Dinner Baked chicken thigh Cauliflower w/ carrots & parsley W.W. dinner roll</p> | <p>Breakfast Fresh Fruit Cinnamon French Toast Hard boiled egg</p> <p>Lunch Pasta primavera Baby spinach salad W.W. roll</p> <p>Dinner Chicken cacciatore Kale salad Bulgur</p> | <p>Breakfast Fresh Fruit Frittata with peppers and onions W.W. English muffins</p> <p>Lunch Tilapia with corn and potato sauce Broccoli, corn, and peas Bulgur</p> <p>Dinner Beef and broccoli with brown rice</p> | <p>Breakfast Fresh Fruit Cottage cheese Wheetena Multigrain bread</p> <p>Lunch Eggplant parmesan Sautéed string beans Multigrain bread</p> <p>Dinner Baked chicken thigh Mac & cheese Baked zucchini</p> | <p>Breakfast Fresh Fruit Potato spinach frittata Oatmeal Multigrain bread</p> <p>Lunch Chicken curry salad w/ apples and peas Baby spinach salad Barley</p> <p>Dinner W.W. pasta w/ pesto & broccoli Meatballs Multigrain bread</p> | <p>Breakfast Fresh Fruit Hardboiled egg Turkey bacon W.W. mini bagel</p> <p>Lunch Salmon Orzo w/ corn and peas Garden salad</p> <p>Dinner Veggie burgers Lettuce & tomato Coleslaw W.W. bun</p> | <p>Breakfast Fresh Fruit Yogurt Blueberry scones</p> <p>Lunch W.W. spaghetti w/ meat sauce Lima bean succotash</p> <p>Dinner Salmon frittata w/ potato & peas Red cabbage salad W.W. roll</p> |