

DINING MENU

January- February

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

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

JAN 28/ SUN	JAN 29 / MON	JAN 30 / TUES	JAN 31 / WED	FEB 1/THURS	FEB 2/ FRI	FEB 3/ SAT
<p>Breakfast Fresh Fruit Cottage cheese Cheerios Multigrain bread</p> <p>Lunch Baked salmon w/ lemon & garlic Brown rice w/ mushrooms Brussel sprouts</p> <p>Dinner Bolognese sauce w/ peppers W.W. Spaghetti Garden salad</p>	<p>Breakfast Fresh Fruit Frittata Oatmeal Multigrain bread</p> <p>Lunch Eggplant parmesan Ceasar salad W.W. roll</p> <p>Dinner Soy ginger chicken breast Chinese style bok choy W.W. Sesame noodles</p>	<p>Breakfast Fresh Fruit Plain yogurt Cheesy grits W.W. mini bagel</p> <p>Lunch Spinach mozzarella quiche Broccoli, green beans, corn & peas W.W. roll</p> <p>Dinner Breaded fish sandwich Cabbage & carrot slaw W.W. bun</p>	<p>Breakfast Fresh Fruit Greek yogurt Granola Multigrain bread</p> <p>Lunch Rosemary chicken Polenta Steamed kale</p> <p>Dinner Lentil stew w/ tomato & spinach Brown rice Arugula salad</p>	<p>Breakfast Fresh Fruit W.W. cinnamon French Toast Oatmeal</p> <p>Lunch Baked salmon Quinoa Acorn squash</p> <p>Dinner Stuffed peppers w/ turkey Garden salad W.W. roll</p>	<p>Breakfast Fresh Fruit Scrambled eggs Oatmeal W.W. English muffin</p> <p>Lunch Chicken & broccoli stir fry Brown rice Romaine, carrot, beet, & chickpea salad</p> <p>Dinner Shephard's pie w/ turnips & carrots Sauteed green beans Multigrain bread</p>	<p>Breakfast Fresh Fruit Cottage cheese Wheatena</p> <p>Lunch Swiss steak w/ onions Polenta Brussel sprouts</p> <p>Dinner Butternut squash soup Smoked turkey sandwich Baby spinach 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

Susan Graves, Assistant Director of Social Services

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



JANUARY MENU: This Month at the Center

Center Members' Celebrating their New Year

We wish all of you a happy New Year on January 1st! As you celebrate in your many traditions and rituals, we are reminded of the diverse community we have here at the Center. A beautiful example of that is the various ways many of us welcome this joyous occasion in our own cultures. From the Iranian Festival called Shab-e-Yalda which happened last month, to the Chinese New Year that will take place in February, below are some of the ways your fellow members celebrate the New Year.

"On the nights of December 20th and 21st, the winter solstice falls on an Iranian Festival that is celebrated as the longest and darkest night of the year. This is called 'Shab-e-Yalda'. On this night, friends and family gather together to eat, listen to poetry and music and to dance together until after midnight! Fruits, nuts, pomegranates, watermelons and dried fruits are eaten. The red color in these fruits symbolizes the crimson hues of winter and the glow of life." - **Azar Mesplay and Zari Khalaj**

"The French love to celebrate New Year's by kissing each other's cheeks, cooking, singing and dancing together! We love to make homemade soups and listen to enchanting organ music." - **Renee Hano**

"In my Filipino culture, my mother used to celebrate New Year's Eve by filling the table full of different kinds of food – dishes like adobo and kaldereta and desserts like ube halaya and leche flan – to welcome the blessings of the New Year!" - **Josefina Gabriel**

"During the Chinese New Year, Chinese people like to wear the color red because it symbolizes good luck. They like to give children red envelopes or New Year's money. In terms of food items, Northerners like to eat dumplings, Southerners like to eat chicken. Chinese homes like to have oranges and fresh flowers. On New Year's eve, families always gather together and the holiday lasts 15 days." - **Yaosheng Qin**

"In case you are feeling overwhelmed by all of the demands of the holidays and do not want to engage in them or New Year's resolutions, just remember that you do have a choice: you can simply take it one day at a time during this month, smile and be kind to others." - **Rich Blitz**

DINING MENU

January



LENOX HILL NEIGHBORHOOD HOUSE
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

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8:15–9 AM**

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

DEC 31 / SUN	JAN 1 / MON	JAN 2 / TUES	JAN 3 / WED	JAN 4 / THURS	JAN 5 / FRI	JAN 6 / SAT	JAN 14 / SUN	JAN 15 / MON	JAN 16 / TUES	JAN 17 / WED	JAN 18 / THURS	JAN 19 / FRI	JAN 20 / SAT
<p>The Center has reduced hours and will be open from 9:00am to 4:00pm.</p> <p>No Breakfast Service</p> <p>Lunch Baked pollack w garlic bread crumb Orzo w/ lemon & green peas Garden salad</p> <p>No Dinner Service</p>	<p>The Center has reduced hours and will be open from 9:00am to 4:00pm.</p> <p>No Breakfast Service</p> <p>Lunch Frittata w/ potato and peas Arugula salad w/ carrots & red onion W.W. roll</p> <p>No Dinner Service</p>	<p>Breakfast Fresh Fruit Scrambled eggs English muffin Oatmeal</p> <p>Lunch Fish taco W.W. tortilla Yucca Cabbage & carrot slaw</p> <p>Dinner Beef meatball w/ red sauce Polenta Sautéed Spinach</p>	<p>Breakfast Fresh Fruit Greek Yogurt Wheatena W.W Bread</p> <p>Lunch Hamburger Baked sweet potato Lettuce & tomato W.W. bun</p> <p>Dinner BBQ chicken Bulgur pilaf Lima bean succotash</p>	<p>Breakfast Fresh Fruit Spinach frittata Oatmeal W.W. English Muffin</p> <p>Lunch Catfish with coconut curry Quinoa Sautéed kale</p> <p>Dinner W.W. cheese pizza Minestrone soup Baby spinach salad</p>	<p>Breakfast Fresh Fruit Greek Yogurt Granola W.W. Bread</p> <p>Lunch Beef stir fry w/ snow peas, broccoli, & carrots Brown rice Garden salad</p> <p>Dinner Arroz con pollo Red cabbage salad W.W. roll</p>	<p>Breakfast Fresh Fruit Cottage cheese Cheerios Carrot & Raisin Muffin</p> <p>Lunch Spinach mozzarella quiche Romaine, chickpea, & carrot salad W.W. roll</p> <p>Dinner Chili con carne Bulgur Arugula, red onion & cabbage salad</p>	<p>Breakfast Fresh Fruit Cottage Cheese Oatmeal W.W. Bread</p> <p>Lunch Black bean & sweet potato chili Brown rice Arugula salad</p> <p>Dinner Baked salmon Barley parmesan & parsley Brussel sprouts</p>	<p>Breakfast Fresh Fruit Omelet Oatmeal Multigrain Bread</p> <p>Lunch Chicken, ginger, & pumpkin stew Bulgur Spinach, apple, & onion salad</p> <p>Dinner Shepard's pie w/ turnips & carrots Garden salad W.W. roll</p>	<p>Breakfast Fresh Fruit Cinnamon French Toast Greek Yogurt</p> <p>Lunch Hamburger Cole slaw Lettuce & tomato W.W. bun</p> <p>Dinner Butternut squash soup Grilled cheese Spinach salad</p>	<p>Breakfast Fresh Fruit Hardboiled egg Oatmeal Cheerios</p> <p>Lunch Roast pork shoulder Brown rice Sautéed red cabbage & apples</p> <p>Dinner Baked chicken thighs Polenta Lemon garlic escarole</p>	<p>Breakfast Fresh Fruit Cottage Cheese Oatmeal W.W. English Muffin</p> <p>Lunch Baked salmon w/ cilantro citrus sauce Quinoa Steamed kale W.W. roll</p> <p>Dinner Vegetable biryani w/ chickpeas Pita halves Romaine, kale, red onion salad</p>	<p>Breakfast Fresh Fruit Frittata w/ peppers & onions Multigrain bread</p> <p>Lunch Rosemary chicken Cheesy grits Collard greens w/ tomatoes</p> <p>Dinner Broccoli cheddar quiche Garden salad W.W. roll</p>	<p>Breakfast Fresh Fruit Hard boiled egg Oatmeal Carrot Raisin muffin</p> <p>Lunch Turkey Bolognese Broccoli & red peppers W.W. rotini</p> <p>Dinner Baked pollack w/ potato corn cream Bulgur pilaf Kale w/ tomatoes</p>

JAN 7 / SUN	JAN 8 / MON	JAN 9 / TUES	JAN 10 / WED	JAN 11 / THURS	JAN 12 / FRI	JAN 13 / SAT	JAN 21 / SUN	JAN 22 / MON	JAN 23 / TUES	JAN 24 / WED	JAN 25 / THURS	JAN 26 / FRI	JAN 27 / SAT
<p>Breakfast Fresh Fruit Hard boiled egg Wheatena W.W. Bread</p> <p>Lunch Turkey meatloaf Barley w/ carrots Beet, arugula, & feta salad W.W. roll</p> <p>Dinner Grilled cheese sandwich on multigrain bread Tomato rice soup Garden salad</p>	<p>Breakfast Fresh Fruit Greek Yogurt Granola Wheatena</p> <p>Lunch Spanish style pollack Rice & beans Collard greens w/ tomatoes</p> <p>Dinner Beef stew w/ carrots & potatoes Bulgur Garden salad</p>	<p>Breakfast Fresh Fruit Hard boiled egg Oatmeal W.W. mini bagel</p> <p>Lunch Chicken Jambalaya Brown rice Baby spinach salad</p> <p>Dinner Spinach feta pie Arugula salad W.W. roll</p>	<p>Breakfast Fresh Fruit Banana french toast Cheerios</p> <p>Lunch Tuna fish salad Kale, romaine, apple, red cabbage, & parmesan salad Multigrain bread</p> <p>Dinner Chicken stir fry w/ vegetables W.W. sesame noodles Garden salad</p>	<p>Breakfast Fresh Fruit Scrambled eggs Wheatena W.W. English Muffin</p> <p>Lunch Chicken sausage Louisiana Red beans & rice Romaine, carrot, beet, & chickpea salad</p> <p>Dinner Roasted pork loin Bulgur pilaf Sautéed green beans</p>	<p>Breakfast Fresh Fruit Potato spinach frittata Oatmeal W.W. Bread</p> <p>Lunch Eggplant parmesan Lemon garlic spinach W.W. roll</p> <p>Dinner Rosemary chicken Polenta Lima bean succotash</p>	<p>Breakfast Fresh Fruit Hard boiled egg Cheerios W.W. mini bagel</p> <p>Lunch Beef meatloaf Sweet potato Cauliflower & peas Multigrain bread</p> <p>Dinner Squash & leek lasagna Romaine, carrot, beet & chickpea salad W.W. roll</p>	<p>Breakfast Fresh Fruit Greek yogurt Granola W.W. mini bagel</p> <p>Lunch Salmon, potato, & pea frittata W.W. pita Garden salad</p> <p>Dinner Beef meatloaf Polenta Brussel sprouts</p>	<p>Breakfast Fresh Fruit Scrambled eggs English muffin</p> <p>Lunch Tuna fish salad Beet, arugula, & feta salad Multigrain bread</p> <p>Dinner Baked chicken Brown rice w/ pigeon peas Collard greens w/ tomatoes</p>	<p>Breakfast Fresh Fruit Cottage cheese Oatmeal Puffed rice cereal</p> <p>Lunch Shepard's pie w/ carrots & turnips Romaine, beet, & chickpea salad W.W. roll</p> <p>Dinner Spinach mozzarella quiche Garden salad Multigrain bread</p>	<p>Breakfast Fresh Fruit Yogurt Granola W.W. blueberry muffin</p> <p>Lunch Catfish with sweet potato and coconut curry Bulgur Arugula salad</p> <p>Dinner Butternut squash soup Grilled Cheese Baby spinach salad</p>	<p>Breakfast Fresh Fruit Spinach frittata Multigrain bread</p> <p>Lunch Roast turkey breast Mashed potatoes Roasted winter squash</p> <p>Dinner Baked fish w/ garlic sauce Barley Sautéed green beans</p>	<p>Breakfast Fresh Fruit Scrambled eggs Turkey bacon W.W. English muffin</p> <p>Lunch Chicken cacciatore Lemon garlic escarole W.W. spaghetti</p> <p>Dinner Chickpea stew Brown rice Steamed broccoli & cauliflower W.W. roll</p>	<p>Breakfast Fresh Fruit Yogurt Wheatena W.W. mini bagel</p> <p>Lunch Vegetarian baked ziti w/ spinach Green beans & carrots W.W. roll</p> <p>Dinner Baked tilapia w/ peppers, mushrooms, & onions Bulgur Collard greens w/ tomatoes</p>