

DINING MENU

March

**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.
Check in for

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



CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

MARCH NEWSLETTER: This Month at the Center

Members Celebrating Women’s History Month

Every March, we celebrate the women who have made history by breaking barriers and glass ceilings with their voices, activism and accomplishments. Most importantly, this month we honor the women in our personal lives and our heroes who have enriched us and continue to inspire us. During this Women’s History Month, your fellow members recognize the women who are special in their lives.

“My mother, Adelaide Weinberg, is my personal hero. She survived losing her first child at the age of only 1 year from a sudden pneumonia. My parents recovered and went on to have three more daughters. My mother graduated college in 1943. She was a math major and an honors student at Hunter College when the campus was in the Bronx, where Lehman College is now. She would commute from Williamsburg, Brooklyn to the Bronx every day. She was an avid reader with a brilliant mind and taught us to respect the value of education. She was amazing.” **Ellen Mausner**

“Far and away, my sister Anne is the woman who had the most positive influence on my life. Anne is the eldest in our family of eleven and I am the “middle child” (often the one lost in the shuffle). My sister was the “go to” person when questions needed answers and problems needed solving. Her contribution to my life journey is appreciated every day.” **Mary Macdonald**

“Milagros Lagarez. She is my daughter-in-law, but she is like my daughter. She also treats me like her mother and with lots of tenderness. I love her very much.” **Juana Cardona**

“I would want to honor Eleanor Roosevelt. She had the guts to be herself. She used her own smarts to do anything that she set her mind to. And she was a doer, she rolled up her sleeves and got the job done. Here’s one example of something she got done. She helped make the Tuskegee Airmen who fought in World War Two a reality. This was a group of African American fighter pilots in the U.S. Army Air Corps of World War II. Let’s face it, she ran the Whitehouse!” **Jackie Pratt**

“Susan B. Anthony. She was a pioneer of the Women’s Suffrage Movement in the U.S. and was president of the National Women’s Suffrage Association. Her work paved the way for the 19th Amendment to the Constitution, giving women the right to vote. Her famous quote: ‘I declare to you that woman must not depend upon the protection of men but must be taught to protect herself and there I take my stand.’” **Nymphas Enriquez**

“I’ve had the opportunity to meet many amazing women in my life, but one woman stands out. Dr. Ijeoma Nduka, a medical Doctor born in Nigeria, who came to America to study community health at Harvard University. While in this country, she used her own financial resources and knowledge to bring medical personnel and others to Nigeria in order to provide medical care to those underserved in her country. I was lucky enough to spend time with her on these missions and to see not only her care for the medically needy but also her ability to educate medical professionals in that country. Dr Nduka works tirelessly to follow her dream of good medical care for the underserved. She is a woman of character and commitment.” **Alice Massa**

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

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February - March



LENOX HILL NEIGHBORHOOD HOUSE
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8:15-9 AM
Check in from 8-9

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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.

FEB 25 / SUN	FEB 26/ MON	FEB 27/ TUES	FEB 28/ WED	MAR 1/ THURS	MAR 2/ FRI	MAR 3/ SAT	MAR 11/ SUN	MAR 12/ MON	MAR 13 / TUES	MAR 14/ WED	MAR 15/ THURS	MAR 16/ FRI	MAR 17/ SAT
<p>Breakfast</p> <p>Fresh Fruit Cottage Cheese NY State Oatmeal Multigrain Bread</p> <p>Lunch</p> <p>Black bean & sweet potato chili Brown rice Arugula salad w/ homemade dressing</p> <p>Dinner</p> <p>Baked salmon Barley, corn, & black bean salad Sautéed green beans with vinegar and garlic</p>	<p>Breakfast</p> <p>Fresh Fruit Cheese Omelet NY State Oatmeal Multigrain Bread</p> <p>Lunch</p> <p>Chicken, ginger, & pumpkin stew Herbed Bulgur Spinach, apple, & onion salad</p> <p>Dinner</p> <p>Turkey Moussaka Broccoli & red peppers Dinner roll</p>	<p>Breakfast</p> <p>Fresh Fruit Greek Yogurt Homemade Granola NY State Oatmeal</p> <p>Lunch</p> <p>Classic Hamburger Cole slaw Lettuce & tomato Whole wheat bun</p> <p>Dinner</p> <p>Butternut squash soup Grilled cheese sandwich Spinach salad w/ homemade dressing</p>	<p>Breakfast</p> <p>Fresh Fruit Hardboiled egg Multigrain Bread Wheatena</p> <p>Lunch</p> <p>Slow roasted pork shoulder Brown rice Cabbage w/ shredded carrots</p> <p>Dinner</p> <p>Rosemary chicken thighs Parmesan Polenta Sautéed lemon garlic escarole</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage Cheese NY State Oatmeal Whole wheat English Muffin</p> <p>Lunch</p> <p>Baked salmon w/ cilantro citrus sauce Quinoa w/ Ginger & Carrots Steamed kale Whole wheat roll</p> <p>Dinner</p> <p>Vegetable biryani w/ chickpeas Pita halves Steamed Napa cabbage</p>	<p>Breakfast</p> <p>Fresh Fruit Western frittata Multigrain Bread Wheatena</p> <p>Lunch</p> <p>Lemon baked chicken Cheesy grits Sautéed green beans with vinegar and garlic</p> <p>Dinner</p> <p>Chicken cacciatore Roasted winter squash Whole wheat spaghetti</p>	<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg NY State Oatmeal Carrot Raisin muffin</p> <p>Lunch</p> <p>Turkey Bolognese Broccoli & red peppers Whole wheat Spaghetti</p> <p>Dinner</p> <p>Citrus baked tilapia Tabbouleh Kale w/ tomatoes</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage Cheese NY State Oatmeal Multigrain Bread</p> <p>Lunch</p> <p>Black bean & sweet potato chili Brown rice Arugula salad w/ homemade dressing</p> <p>Dinner</p> <p>Baked salmon Barley, corn, & black bean salad Sautéed green beans</p>	<p>Breakfast</p> <p>Fresh Fruit Cheese Omelet NY State Oatmeal Multigrain Bread</p> <p>Lunch</p> <p>Chicken, ginger, & pumpkin stew Herb Bulgur Spinach, apple, & onion salad w/ homemade dressing</p> <p>Dinner</p> <p>Turkey Moussaka Broccoli & red peppers</p>	<p>Breakfast</p> <p>Fresh Fruit Greek Yogurt Homemade Granola NY State Oatmeal</p> <p>Lunch</p> <p>Classic Hamburger Cole slaw Lettuce & tomato</p> <p>Dinner</p> <p>Butternut squash soup Grilled cheese sandwich Spinach salad w/ homemade dressing</p>	<p>Breakfast</p> <p>Fresh Fruit Hardboiled egg Multigrain Bread Wheatena</p> <p>Lunch</p> <p>Slow roasted pork shoulder Brown rice Cabbage w/ shredded carrots</p> <p>Dinner</p> <p>Rosemary chicken thighs Parmesan Polenta Sautéed lemon garlic escarole</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage Cheese NY State Oatmeal English Muffin</p> <p>Lunch</p> <p>Vegetable biryani w/ chickpeas Pita halves Steamed Napa cabbage</p> <p>Dinner</p> <p>Baked salmon w/ cilantro citrus sauce Quinoa w/ Ginger & Carrots Steamed kale Whole wheat roll</p>	<p>Breakfast</p> <p>Fresh Fruit Western frittata Multigrain Bread Wheatena</p> <p>Lunch</p> <p>Chicken & broccoli stir fry Roasted winter squash Sesame whole wheat noodles</p> <p>Dinner</p> <p>Baked chicken Cheesy grits Sautéed green beans</p>	<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg NY State Oatmeal Homemade Carrot Raisin muffin</p> <p>Lunch</p> <p>Turkey Bolognese Broccoli & red peppers Whole wheat Spaghetti</p> <p>Dinner</p> <p>Citrus baked tilapia Tabbouleh Kale w/ tomatoes</p>

MAR 4/ SUN	MAR 5/ MON	MAR 6/ TUES	MAR 7/ WED	MAR 8/ THURS	MAR 9 / FRI	MAR 10/ SAT	MAR 18/ SUN	MAR 19/ MON	MAR 20/ TUES	MAR 21 / WED	MAR 22/ THURS	MAR 23/ FRI	MAR 24 / SAT
<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg Wheatena Multigrain Bread</p> <p>Lunch</p> <p>Turkey meatloaf Yellow plantains Beet, arugula, & feta salad w/ homemade dressing Whole wheat roll</p> <p>Dinner</p> <p>Baked tilapia w/ garlic crumb crust Collard greens w/ tomatoes Multigrain bread</p>	<p>Breakfast</p> <p>Fresh Fruit Greek Yogurt Coconut Granola Wheatena</p> <p>Lunch</p> <p>Spanish style catfish Rice & beans Collard greens w/ tomatoes</p> <p>Dinner</p> <p>Cantonese beef stir fry Herbed Bulgur Broccoli w/ toasted garlic</p>	<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg NYState Oatmeal Whole wheat mini bagel</p> <p>Lunch</p> <p>Baked chicken breast w/ yogurt Mushroom & barley soup Baby spinach salad w/ homemade dressing</p> <p>Dinner</p> <p>Greek Spinach feta pie Arugula salad w/ homemade dressing Whole wheat roll</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage Chee Cheerios NY State Oatmeal Multigrain Bread</p> <p>Lunch</p> <p>Tuna fish salad Kale, romaine, apple, red cabbage, & parmesan salad w/ homemade dressing Multigrain bread</p> <p>Dinner</p> <p>Ginger Chicken stir fry w/ vegetables Brown rice Garden salad w/ homemade dressing</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled eggs NY State Oatmeal Whole wheat English Muffin</p> <p>Lunch</p> <p>Chicken sausage Beans & rice Romaine, carrot, beet, & chickpea salad</p> <p>Dinner</p> <p>Spanish style roasted pork Yellow rice & pigeon peas Sautéed green beans</p>	<p>Breakfast</p> <p>Fresh Fruit Potato spinach frittata Wheatena Multigrain Bread</p> <p>Lunch</p> <p>Eggplant parmesan w/ spinach Lemon garlic escarole Whole wheat roll</p> <p>Dinner</p> <p>Lemon baked chicken Parmesan Polenta Lima bean succotash</p>	<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg Cheerios Whole wheat mini bagel</p> <p>Lunch</p> <p>Classic beef meatloaf Savory potato salad Multigrain bread</p> <p>Dinner</p> <p>Winter squash & leek lasagna Romaine, carrot, beet & chickpea salad Whole wheat roll</p>	<p>Breakfast</p> <p>Fresh Fruit Greek yogurt Coconut granola Whole wheat mini bagel</p> <p>Lunch</p> <p>Salmon, potato, & pea frittata Pita halves Garden salad w/ homemade dressing</p> <p>Dinner</p> <p>Italian roasted pork tenderloin Parmesan Polenta Sautéed green beans</p>	<p>Breakfast</p> <p>Fresh Fruit Western frittata English muffin</p> <p>Lunch</p> <p>Tuna fish salad Beet, arugula, & feta salad w/ homemade dressing Multigrain bread</p> <p>Dinner</p> <p>Citrus baked chicken Brown rice w/ Caribbean pigeon peas Collard greens w/ tomatoes</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage cheese NY State Oatmeal Puffed rice cereal</p> <p>Lunch</p> <p>Shepard's pie w/ beef & turkey Romaine, carrot, beet, & chickpea salad w/ homemade dressing Multigrain bread</p> <p>Dinner</p> <p>Spinach mozzarella quiche Garden salad w/ homemade dressing Whole wheat roll</p>	<p>Breakfast</p> <p>Fresh Fruit Yogurt Homemade Granola Whole wheat blueberry muffin</p> <p>Lunch</p> <p>Catfish curried coconut, and sweet potato sauce Bulgur Arugula salad w/ homemade dressing</p> <p>Dinner</p> <p>Butternut squash soup Grilled Cheese Sandwich Baby spinach salad w/ homemade dressing</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled eggs Multigrain bread</p> <p>Lunch</p> <p>Italian style pork Parmesan Polenta Roasted winter squash</p> <p>Dinner</p> <p>Baked fish w/ garlic sauce Herb Barley Sautéed green beans w/ vinegar and garlic</p>	<p>Breakfast</p> <p>Fresh Fruit Potato spinach frittata Turkey bacon Whole wheat English muffin</p> <p>Lunch</p> <p>Chicken cacciatore Sautéed lemon garlic escarole Whole wheat spaghetti</p> <p>Dinner</p> <p>Moroccan chickpea stew Brown rice Steamed broccoli & cauliflower Whole wheat roll</p>	<p>Breakfast</p> <p>Fresh Fruit Plain yogurt Wheatnea Whole wheat Mini bagel</p> <p>Lunch</p> <p>Classic Egg salad Barley, corn, & black bean salad Sautéed green beans Multigrain bread</p> <p>Dinner</p> <p>Lemon baked tilapia Rice & beans Collard greens w/ tomatoes</p>