

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 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.



LENOX HILL NEIGHBORHOOD HOUSE

CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

MAY NEWSLETTER: This Month at the Center

Members Celebrating Older Adults' Month This May

Every day at the Center, our members prove that you can engage at any age! Members who are learning new foreign languages, technology and musical skills show that you are never too old to master a skill or a talent. Members who participate in the fitness classes like Total Body, Zumba or Yoga demonstrate that getting fit isn't only for youth. Our members whose artwork hangs on the walls of the Center prove that artists of all ages exist. And our members who perform at our many cultural events like our Talent and Fashion Shows and Jazz Vocal Workshop, demonstrate that members are not too shy for the spotlight.

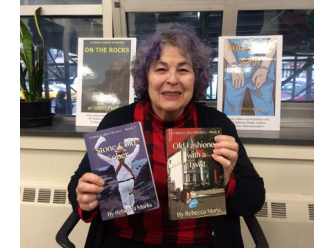
With the idea of ENGAGE AT EVERY AGE, we want to highlight what you and your fellow members do to find creative expression and meaning at this wonderful stage of your lives.

MAY 27/ SUN	MAY 28/ MON	MAY 29/ TUES	MAY 30/ WED	MAY 31/ THURS	JUNE 1/ FRI	JUNE 2/ SAT
<p>Breakfast Fresh Fruit Cottage Cheese Wheatena W.W. Bread</p> <p>Lunch Frittata with potatoes and peas Baby spinach salad Multigrain bread</p> <p>Dinner Herb baked chicken thighs Cauliflower with carrots and parsley Parmesan barley</p>	<p>Breakfast Fresh Fruit Hard boiled egg Bran flakes W.W. English muffin</p> <p>Lunch Spanish style beef stew Broccoli with red peppers W.W. roll</p> <p>Dinner Vegetable biryani with chickpeas Kale, romaine and parmesan salad Pita halves</p>	<p>Breakfast Fresh Fruit Cottage Cheese Homemade Grits Multigrain bread</p> <p>Lunch Baked ziti with meat sauce Baby kale salad Baked sweet potato</p> <p>Dinner Classic turkey meatloaf Herb barley Sautéed green beans</p>	<p>Breakfast Fresh Fruit Potato spinach frittata NY state Oatmeal W.W. English muffin</p> <p>Lunch Eggplant parmesan Spinach and mushroom salad W.W. roll</p> <p>Dinner Chicken stir fry with vegetables Garden salad Mixed vegetable brown rice</p>	<p>Breakfast Fresh Fruit Greek Yogurt Homemade Granola Bran flakes cereal</p> <p>Lunch Jerk chicken Carrot apple raisin salad Black bean and rice</p> <p>Dinner Spinach and cheese frittata Mixed green salad Multigrain bread</p>	<p>Breakfast Fresh Fruit Corn muffins Homemade Grits</p> <p>Lunch Lemon grass curry with broccoli and tofu Kale and romaine salad Herb bulgur</p> <p>Dinner Baked ziti with cheese Apple and beets salad W.W. roll</p>	<p>Breakfast Fresh Fruit Hard boiled egg Cheesy Home Fries W.W. mini bagel</p> <p>Lunch Homemade tuna salad Mixed green salad Multigrain bread</p> <p>Dinner Chicken jambalaya Romaine, carrot, beet and chickpea salad</p>

We reserve the right to change the menu as needed, based on product availability or other circumstances.



Members creating art together at our Asian Art-Making class.



Rebecca Marks with her published detective novels at her Book Talk.



The cast (Earl Thompson, Shula Chernick, Sheila Flaxman, Harry Miller) of My Annie Hall, finding purpose in film.



Lovelle Watts taking care of herself at our yoga class.

"I take Krav Maga martial arts, yoga, and tai chi. I travel on my own, and go to concerts often at Lincoln Center. I take classes in Chinatown for health and healing. I'm planning trips to Florida and Europe soon! I visit senior centers to participate in activities and meals. I meditate at a spiritual center." - **Sheri Greenstein**

"Growing old is a sure bet. Now that we are in this interesting phase of life, we should not be afraid to face aging. Let us welcome growing old with open hearts and minds and be thankful. To make life worth living, let us do things that we overlooked in our younger years, things that interest us most. For me it is learning to play the piano, knitting, exercising, solving puzzles, meeting and engaging in conversation with people from different countries." - **Elena Mores**

"I am looking forward to performing in an open microphone event this May where I plan to sing and do spoken word poetry." - **Robert Smith**

"I am writing a book on leadership, looking at dynamic vs. static leaders. Dynamic leaders are defined by their ability to see 20 years ahead, to plan and make decisions that help people into the future. Static leaders are those whose decisions and actions will make our children pay the price in 20 years." - **Ken Craddock**

"I love to travel and I just came back from the Far East on a grand tour, and I cannot wait to go back." - **Peter Lo**

ANNOUNCEMENT: The Center will be closed on May 7 & 8 for deep cleaning and maintenance. If you have any questions or concerns about this, please inquire at the Front Desk. For meals and activities during this time, please feel free to visit our sister Center located at the Saint Peter's Church at 619 Lexington Avenue.

343 East 70th Street, New York, NY 10021 | (212) 218-0319 | www.lenoxhill.org | center@lenoxhill.org

The Center @ Lenox Hill Neighborhood House is funded by the New York City Department for the Aging and private support and contributions.

DINING MENU

APRIL - MAY



LENOX HILL NEIGHBORHOOD HOUSE
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

APRIL 29/ SUN	APRIL 30/ MON	MAY 1/ TUES	MAY 2/ WED	MAY 3/ THURS	MAY 4/ FRI	MAY 5/ SAT	MAY 13/ SUN	MAY 14/ MON	MAY 15/ TUES	MAY 16/ WED	MAY 17/ THURS	MAY 18/ FRI	MAY 19/ SAT
<p>Breakfast</p> <p>Fresh Fruit Greek Yogurt Homemade Granola W.W. bread</p> <hr/> <p>Lunch</p> <p>Rosemary baked chicken Parmesan grits Roasted Vegetable</p> <hr/> <p>Dinner</p> <p>Roasted pork tenderloin Baked sweet potato Cabbage carrot slaw W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Western Frittata NY state Oatmeal Multigrain bread</p> <hr/> <p>Lunch</p> <p>Pasta Primavera w/ cheese Romaine, carrot, beet and chicken salad W.W. roll</p> <hr/> <p>Dinner</p> <p>Baked chicken thighs Vegetable ratatouille Wheat berry salad</p>	<p>Breakfast</p> <p>Fresh Fruit Cinnamon French Toast Wheatena</p> <hr/> <p>Lunch</p> <p>Chicken salad Spinach, hard boiled egg, mushroom and red onion salad Multigrain bread</p> <hr/> <p>Dinner</p> <p>Shanghai beef stir fry Sautéed string beans Cilantro brown rice</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled eggs Bran Flakes Blueberry muffin</p> <hr/> <p>Lunch</p> <p>Black bean and sweet potato chili Sautéed Zucchini Brown rice with parsley and carrot</p> <hr/> <p>Dinner</p> <p>Spinach mozzarella quiche Kale, romaine and red cabbage salad W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Greek Yogurt Multigrain bread</p> <hr/> <p>Lunch</p> <p>Lemon Salmon Tabbouleh w/ garbanzo beans W.W. roll</p> <hr/> <p>Dinner</p> <p>Baked mushroom chicken Spring vegetable blend Quinoa with ginger and carrot</p>	<p>Breakfast</p> <p>Fresh Fruit Potato spinach Frittata Turkey bacon W.W. English Muffin</p> <hr/> <p>Lunch</p> <p>Chicken cacciatore Arugula salad w/ balsamic vinegar W.W. Spaghetti</p> <hr/> <p>Dinner</p> <p>Eggplant parmesan Steamed broccoli and cauliflower W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage Cheese Wheatena W.W. mini bagel</p> <hr/> <p>Lunch</p> <p>Baked Tilapia w/ garlic sauce Garden Salad Red onion and herb bulgur</p> <hr/> <p>Dinner</p> <p>Onion and pepper chicken sausage Beet, arugula ad feta salad Baked brown rice pilaf</p>	<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg NY state Oatmeal W.W. Bread</p> <hr/> <p>Lunch</p> <p>Turkey meat sauce Arugula Salad w/ Balsamic vinegar W.W. spaghetti</p> <hr/> <p>Dinner</p> <p>Grilled mozzarella and tomato sandwich Apple and beet salad</p>	<p>Breakfast</p> <p>Fresh Fruit Coconut Banana French Toast Homemade Granola Yogurt low-fat</p> <hr/> <p>Lunch</p> <p>Vegetable baked ziti Garden salad W.W. roll</p> <hr/> <p>Dinner</p> <p>W.W. cheese pizza Escarole and white bean soup Baby spinach salad</p>	<p>Breakfast</p> <p>Fresh Fruit Western Omelet NY state Oatmeal W.W. English muffin</p> <hr/> <p>Lunch</p> <p>Moroccan style pollack Braised collard greens Herb barley</p> <hr/> <p>Dinner</p> <p>Baked turkey breast Sautéed green beans W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage Cheese Wheatena Multigrain bread</p> <hr/> <p>Lunch</p> <p>Spinach mozzarella quiche Kale, romaine, apple salad W.W. roll</p> <hr/> <p>Dinner</p> <p>Lentil stew with chicken sausage Steamed broccoli and cauliflower Steamed brown rice</p>	<p>Breakfast</p> <p>Fresh Fruit Potato Spinach Frittata NY state Oatmeal W.W. Bread</p> <hr/> <p>Lunch</p> <p>Classic chicken salad Spinach, apple and red onion salad Tabbouleh w/ garbanzo beans</p> <hr/> <p>Dinner</p> <p>Spinach feta pie Red cabbage and carrot salad W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg Turkey Bacon W.W. mini bagel</p> <hr/> <p>Lunch</p> <p>Dill and lemon salmon Steamed broccoli Carrot and brown rice</p> <hr/> <p>Dinner</p> <p>Spanish style beef stew Steamed green beans Herb bulgur</p>	<p>Breakfast</p> <p>Fresh Fruit Greek Yogurt Blueberry muffin</p> <hr/> <p>Lunch</p> <p>Herb baked chicken thighs Satueed spinach NY state grits</p> <hr/> <p>Dinner</p> <p>Homemade tuna salad Spinach, Hard boiled and mushroom salad Multigrain bread</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 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.

MAY 6/ SUN	MAY 7/ MON	MAY 8/ TUES	MAY 9/ WED	MAY 10/ THURS	MAY 11/ FRI	MAY 12/ SAT	MAY 20/ SUN	MAY 21/ MON	MAY 22/ TUES	MAY 23/ WED	MAY 24/ THURS	MAY 25/ FRI	MAY 26/ SAT
<p>Breakfast</p> <p>Fresh Fruit Hard boiled egg Cheerios W.W. Bread</p> <hr/> <p>Lunch</p> <p>Classic Turkey Meatloaf Red cabbage salad W.W. roll</p> <hr/> <p>Dinner</p> <p>Lemon Baked Salmon Baby spinach salad Tabbouleh</p>	<p>Breakfast</p> <p>Fresh Fruit Homemade Grits Homemade Granola Yogurt low-fat</p> <hr/> <p>Lunch</p> <p>Swiss steak with onions Beet salad Barley</p> <hr/> <p>Dinner</p> <p>Chickpea Stew Arugula salad w/ balsamic vinegar Brown rice w/ mushroom</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled Eggs Bran flake cereal W.W. mini bagel</p> <hr/> <p>Lunch</p> <p>Tuna Nicoise Mixed green salad Multigrain bread</p> <hr/> <p>Dinner</p> <p>W.W. cheese pizza Minestrone soup Romaine, carrot, beets and chickpeas</p>	<p>Breakfast</p> <p>Fresh Fruit Cinnamon French Toast Multigrain Cheerios</p> <hr/> <p>Lunch</p> <p>Rosemary Baked Chicken Creamed spinach Quinoa with kale and carrots</p> <hr/> <p>Dinner</p> <p>Turkey bolognese with chunky pepper in tomato sauce Kale and lemon W.W. spaghetti</p>	<p>Breakfast</p> <p>Fresh Fruit Potato-spinach frittata Wheatena Multigrain bread</p> <hr/> <p>Lunch</p> <p>Italian Style Pork Loin Vegetable Ratatouille Baked brown rice pilaf</p> <hr/> <p>Dinner</p> <p>Beef and Broccoli Cabbage carrot slaw Seasoned brown rice</p>	<p>Breakfast</p> <p>Fresh Fruit NY state Oatmeal W.W. mini bagel</p> <hr/> <p>Lunch</p> <p>Classic Hamburger Carrot apple raisin salad W.W. bun</p> <hr/> <p>Dinner</p> <p>Spinach feta pie Garden salad W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage cheese Bran muffin Wheatena</p> <hr/> <p>Lunch</p> <p>Lemon Baked Salmon Roasted Zucchini Tabbouleh with garbanzo beans</p> <hr/> <p>Dinner</p> <p>Herb baked chicken thighs Cauliflower with carrots and parsley W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage Cheese Wheatena W.W. Bread</p> <hr/> <p>Lunch</p> <p>Turkey meat sauce Romaine, carrot, beet and chickpea salad W.W. spaghetti</p> <hr/> <p>Dinner</p> <p>Classic turkey meatloaf Broccoli and red peppers Quinoa with kale and carrots</p>	<p>Breakfast</p> <p>Fresh Fruit Cheesy Grits Cinnamon French Toast</p> <hr/> <p>Lunch</p> <p>Homemade Hamburger Cabbage carrot slaw Baked red potato wedges W.W. bun</p> <hr/> <p>Dinner</p> <p>Arroz con pollo Braised collard greens W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Potato Spinach Frittata NY state Oatmeal W.W. Bread</p> <hr/> <p>Lunch</p> <p>Teriyaki baked pollack Roasted zucchini Mixed veg bulgur</p> <hr/> <p>Dinner</p> <p>Grilled mozzarella and tomato sandwich Cauliflower soup Apple and beet salad</p>	<p>Breakfast</p> <p>Fresh Fruit Cottage Cheese Wheatena W.W. Bread</p> <hr/> <p>Lunch</p> <p>Chicken parmesan Kale with tomatoes W.W. spaghetti</p> <hr/> <p>Dinner</p> <p>Tuna nicoise salad Baby spinach salad Multigrain bread</p>	<p>Breakfast</p> <p>Fresh Fruit Scrambled Eggs Bran flake cereal</p> <hr/> <p>Lunch</p> <p>BBQ turkey meatloaf Beet, arugula and feta salad NY state polenta</p> <hr/> <p>Dinner</p> <p>Lemon grass curry with broccoli and tofu Roasted zucchini Herb bulgur</p>	<p>Breakfast</p> <p>Fresh Fruit Greek Yogurt NY state Oatmeal W.W. Bread</p> <hr/> <p>Lunch</p> <p>Chicken sausage with peppers Steamed broccoli Black bean and rice</p> <hr/> <p>Dinner</p> <p>Noodles with turkey, cabbage, onions and mushroom Beet salad W.W. roll</p>	<p>Breakfast</p> <p>Fresh Fruit Omelet Bran flake cereal Carrot raisin muffin</p> <hr/> <p>Lunch</p> <p>Tilapia w/ cilantro sauce Cucumber tomato salad Tabbouleh</p> <hr/> <p>Dinner</p> <p>Chili con carne Arugula salad with balsamic dressing Brown rice with peas</p>