

DINING MENU

JUNE

JUNE 24/ SUN	JUNE 25/ MON	JUNE 26/ TUES	JUNE 27/ WED	JUNE 28/ THURS	JUNE 29/ FRI	JUNE 30/ SAT
<p>Breakfast Fresh Fruit Hard Boiled egg NY state oatmeal Multigrain Bread</p> <p>Lunch Turkey meat sauce Romaine, carrot, beet and chickpea salad Spaghetti</p> <p>Dinner Grilled mozzarella and tomato sandwich Baby spinach svalgad</p>	<p>Breakfast Fresh Fruit Corn muffin Wheatena</p> <p>Lunch Baked salmon with tarragon and thyme Garden salad W.W. roll</p> <p>Dinner Vegetable lasagna Chickpea salad with tomatoes and parsley</p>	<p>Center closed for federal primary elections – no meals.</p>	<p>Breakfast Fresh Fruit Potato-spinach frittata Wheatena Multigrain English muffin</p> <p>Lunch Spinach mozzarella quiche Kale and red cabbage salad Whole wheat roll</p> <p>Dinner Arroz con pollo Broccoli with toasted garlic Whole wheat roll</p>	<p>Breakfast Fresh Fruit Low fat yogurt NY State granola NY State Oatmeal</p> <p>Lunch Savory meat sauce Sautéed green beans W.W. spaghetti</p> <p>Dinner Beef and broccoli Garden salad Steamed barley</p>	<p>Breakfast Fresh Fruit Cinnamon Banana French Toast Homemade Grits</p> <p>Lunch BBQ pulled pork Baked macaroni and cheese W.W. bun</p> <p>Dinner Lentil stew with chicken sausage Kale with lemon W.W. roll</p>	<p>Breakfast Fresh Fruit Cottage Cheese Wheatena Bran muffin</p> <p>Lunch Baked chicken thighs Braised collard greens Beans and rice</p> <p>Dinner Spanish style catfish Spinach salad Brown rice with peas</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

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



JUNE NEWSLETTER: This Month at the Center

Members Celebrate Immigrant Heritage Month this June



"I came to this country in 1961 from France. I remember walking around New York City, and seeing the Hebrew letters on deli stores and thinking, how wonderful that storefronts can have Hebrew names written on them in this country! I had arrived from Europe where the nuns in France had to hide me as a Jewish person during the occupation of Normandy. I have experienced the tremendous freedom that America offers its citizens, and was inspired to become a social worker so that I could give back to others the way the nuns had done for me so long ago." *Renee Hano from France*

"We came to this country after the revolution in Iran in the late 1970s. When we first arrived in America, we felt as if we had just come home. We were so happy to be here, and the people were so kind and friendly to us. Even as we have experienced the loss of loved ones in our lives, we have each other as sisters, and we have our new home in the United States, we are blessed." *Azar Mesplay and Zarri Khalaj from Iran*

"I came to this country from Wu Han, China to help my daughter, son and grandchild. I have found the United States to be a much healthier place to live in terms of the environment, the food, and my overall lifestyle. I am learning to speak English at the Center, and I get to meet and socialize with other people at this senior center." "我从中国的吴汉来到这个国家，帮助我的女儿，儿子和我的孙子。我发现美国是一个很健康的地方，以环境，食物和我的整体生活方式生活。我正在中心学习英语，并在这个高级中心与其他人见面并交往。" *Yu Zheng from China*

"I have lived in the United States for five years now, and have met such diverse people who have been friendly to me. My favorite thing to do is to take all of the exercise and dancing classes at the Center – I take tap dance, yoga, Chinese folk dance, Zumba, and aerobics!" *Teo Guat May from Malaysia*

"I come from a family of twelve brothers and sisters from the Philippines. I left my country so that I could find new opportunities and to help all of my siblings. I worked as a laboratory technologist for a hospital for many years at Mount Sinai. I am retired now and enjoying my time at places like the Center. I am grateful to live in this country and want only the best for the United States." *Edilberto Reyes from the Philippines*

"My parents and I came to this country twenty-seven years ago from Santo Domingo. I have always loved to sing and dance and I have been able to produce different music groups since I have been here, they have performed wonderful merengue and salsa music for the people of New York City." "Mis padres y yo vinimos a este país hace veinte siete años desde Santo Domingo. Siempre me ha gustado cantar y bailar y he podido producir diferentes grupos desde que estuve aquí, ellos ha realizado maravilloso merengue y salsa music para los personas de Nueva York." *Cesar Jimenes from the Dominican Republic*

DINING MENU

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LENOX HILL NEIGHBORHOOD HOUSE
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

MAY 27/ SUN	MAY 28/ MON	MAY 29/ TUES	MAY 30/ WED	MAY 31/ THURS	JUNE 1/ FRI	JUNE 2/ SAT	JUNE 10/ SUN	JUNE 11/ MON	JUNE 12/ TUES	JUNE 13/ WED	JUNE 14/ THURS	JUNE 15 FRI	JUNE 16/ 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 Whole wheat 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 Herbed 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 Whole wheat 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>	<p>Breakfast Fresh Fruit Low fat yogurt NY State granola Whole wheat bread</p> <p>Lunch Rosemary Baked Chicken Roasted Summer Squash NY State Grits</p> <p>Dinner Italian roasted pork loin Red cabbage salad Whole wheat roll</p>	<p>Breakfast Fresh Fruit Western frittata NY state oatmeal Multigrain bread</p> <p>Lunch Pasta Primavera Romaine, carrot, beet salad Whole wheat roll</p> <p>Dinner Roasted thyme chicken thighs Wheat berry salad Vegetable rata-touille</p>	<p>Breakfast Fresh Fruit Cinnamon French Toast Wheatena</p> <p>Lunch Classic chicken salad Spinach, mushroom, red onion salad Multigrain bread</p> <p>Dinner Beef stir fry Sautéed string bean Brown rice pilaf</p>	<p>Breakfast Fresh Fruit Scrambled egg Bran flakes Blueberry muffin</p> <p>Lunch Black bean and sweet potato chili Roasted Zucchini Seasoned brown rice</p> <p>Dinner Spinach mozzarella quiche Kale and red cabbage salad Whole wheat roll</p>	<p>Breakfast Fresh Fruit Low fat yogurt NY State Oatmeal Multigrain bread</p> <p>Lunch Lemon baked salmon Tabbouleh with chickpeas Whole wheat roll</p> <p>Dinner Baked mushroom chicken tenders Asian sautéed vegetable Quinoa and scallions</p>	<p>Breakfast Fresh Fruit Potato-spinach frittata Turkey Bacon Multigrain English muffin</p> <p>Lunch Chicken cacciatore Arugula salad Spaghetti</p> <p>Dinner Eggplant parmesan Steamed broccoli Whole wheat roll</p>	<p>Breakfast Fresh Fruit Cottage cheese Wheatena Mini bagel</p> <p>Lunch Herbed cod Garden salad Vegetable bulgur</p> <p>Dinner Chicken sausage with peppers and onions Beet and arugula salad Herb brown rice</p>

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JUNE 3/ SUN	JUNE 4/ MON	JUNE 5/ TUES	JUNE 6 WED	JUNE 7/ THURS	JUNE 8/ FRI	JUNE 9/ SAT	JUNE 17/ SUN	JUNE 18/ MON	JUNE 19/ TUES	JUNE 20/ WED	JUNE 21/ THURS	JUNE 22/ FRI	JUNE 23/ SAT
<p>Breakfast Fresh Fruit Bran muffin Cottage Cheese NY state Oatmeal</p> <p>Lunch Chicken sausage with peppers Steamed broccoli Black bean and rice</p> <p>Dinner Lemon Baked Salmon Sautéed spinach Barley, corn and black bean salad</p>	<p>Breakfast Fresh Fruit Omelet NY state Oatmeal Multigrain bread</p> <p>Lunch Homemade Hamburger Cabbage carrot slaw Whole wheat bun</p> <p>Dinner Turkey Moussaka Romaine salad Whole wheat roll</p>	<p>Breakfast Fresh Fruit Cinnamon French Toast Homemade Grits</p> <p>Lunch Arroz con pollo Beet, arugula and feta salad Whole wheat roll</p> <p>Dinner Spinach mozzarella quiche Kale, romaine, apple salad Whole wheat roll</p>	<p>Breakfast Fresh Fruit Cottage Cheese NY state Oatmeal Multigrain bread</p> <p>Lunch Turkey meat sauce Steamed broccoli Whole wheat spaghetti</p> <p>Dinner Chicken cacciatore Zucchini with corn and tomatoes W.W. spaghetti</p>	<p>Breakfast Fresh Fruit Potato spinach Frittata W.W. English Muffin</p> <p>Lunch Lentil stew with chicken sausage Romaine, carrot, beet and chicken salad Steamed brown rice</p> <p>Dinner Lemon grass curry with broccoli and tofu Baby spinach salad Herbed brown rice</p>	<p>Breakfast Fresh Fruit Bread pudding NY state Oatmeal</p> <p>Lunch Tilapia with mushroom, peppers and tomatoes Creamed spinach Quinoa with kale and carrots</p> <p>Dinner Savory beef meatloaf Roasted carrots with parsley Cheesy grits</p>	<p>Breakfast Fresh Fruit Hard boiled egg Carrot muffin Wheatena</p> <p>Lunch Baked turkey breast Cucumber and tomato salad Barley, corn and black bean salad</p> <p>Dinner Baked ziti with cheese Arugula salad with balsamic dressing Whole wheat roll</p>	<p>Breakfast Fresh Fruit Hard boiled egg Puffed rice cereal Multigrain bread</p> <p>Lunch Turkey meatloaf Red cabbage salad Whole wheat roll</p> <p>Dinner Lemon baked salmon Tabbouleh Baby spinach salad</p>	<p>Breakfast Fresh Fruit Low fat yogurt NY State granola NY State Grits</p> <p>Lunch Swiss steak with onions Beet salad Herbed barley</p> <p>Dinner Chickpea stew Arugula salad Steamed brown rice</p>	<p>Breakfast Fresh Fruit Scrambled eggs Bran flakes Mini bagel</p> <p>Lunch Tuna Nicoise Mixed green salad Multigrain bread</p> <p>Dinner Cheese pizza Minestrone soup Romaine and carrot salad</p>	<p>Breakfast Fresh Fruit Cinnamon French Toast NY state oatmeal</p> <p>Lunch Rosemary roasted chicken Creamed spinach Quinoa with kale and carrots</p> <p>Dinner Meat sauce with chunky peppers Kale with lemon Spaghetti</p>	<p>Breakfast Fresh Fruit Potato spinach frittata Wheatena Whole wheat bread</p> <p>Lunch Italian style pork Vegetable ratatouille Baked brown rice pilaf</p> <p>Dinner Beef and broccoli Cabbage carrot salad Bulgur and thyme</p>	<p>Breakfast Fresh Fruit NY state oatmeal Mini bagel</p> <p>Lunch Classic hamburger Cream cole slaw W.W. bun</p> <p>Dinner Spinach feta pie Red cabbage and carrot salad Whole wheat roll</p>	<p>Breakfast Fresh Fruit Cottage Cheese Wheatena Bran muffin</p> <p>Lunch Cilantro lemon salmon Roasted Zucchini Tabbouleh</p> <p>Dinner Roasted chicken thighs Cauliflower with carrot Herb barley</p>