## WEEK OF SEPTEMBER 5 - 9

**MONDAY, SEPTEMBER 5**
CLOSED

**TUESDAY, SEPTEMBER 6**
Cauliflower Chickpea Bulgur Bake; baked sweet potato, braised red cabbage

**WEDNESDAY, SEPTEMBER 7**
Chicken Stew with Potatoes and Kale; barley and baked zucchini

**THURSDAY, SEPTEMBER 8**
Spinach and Mushroom Lasagna; argula, beet and feta salad; rosemary focaccia

**FRIDAY, SEPTEMBER 9**
Beef and Black Bean Chili; brown rice; broccoli

## WEEK OF SEPTEMBER 12 - 16

**MONDAY, SEPTEMBER 12**
BBQ Chicken; macaroni & cheese; cabbage and carrot salad

**TUESDAY, SEPTEMBER 13**
Chicken Stew with Potatoes and Kale; barley; mixed greens salad

**WEDNESDAY, SEPTEMBER 14**
Morrocan Chickpea Stew with Chard; brown rice; roasted carrots

**THURSDAY, SEPTEMBER 15**
Penne with Sausage, Peas and Ricotta; romaine, carrot and beet salad; ciabatta roll

**FRIDAY, SEPTEMBER 16**
Turkey Breast; barley, corn and black beans; collard greens

## WEEK OF SEPTEMBER 19 - 23

**MONDAY, SEPTEMBER 19**
Lentil Stew with Turkey Sausage; quinoa and wheatberry; broccoli

**TUESDAY, SEPTEMBER 20**
Soy Ginger Chicken; millet with green peas; bok choy

**WEDNESDAY, SEPTEMBER 21**
CLOSED

**THURSDAY, SEPTEMBER 22**
Turkey Meatballs; polenta, broccoli

**FRIDAY, SEPTEMBER 23**
Spinach Mozzarella Quiche; mixed green salad, whole wheat bread

## WEEK OF SEPTEMBER 26 - 30

**MONDAY, SEPTEMBER 26**
Pastel Azteca; cabbage and carrot salad

**TUESDAY, SEPTEMBER 27**
Chicken Shawarma; brown rice with peas; baked zucchini

**WEDNESDAY, AUGUST 24**
Spinach and Mushroom Lasagna; argula, beet and feta salad; rosemary focaccia

**THURSDAY, SEPTEMBER 29**
Cauliflower Chickpea Bulgur Bake; baked sweet potato; braised red cabbage

**FRIDAY, SEPTEMBER 30**
Bacalao (Cod Stew); brown rice, plantains, cabbage and carrot salad

---

We reserve the right to change the menu as needed, based on product availability or other circumstances. The Older Adult Center @ Saint Peter’s Church is funded by the New York City Department for the Aging and private support and contributions.