



# DINING MENU

JUNE 2024: THE CENTER @ LENOX HILL NEIGHBORHOOD HOUSE  
343 East 70th Street near First Avenue | 212-218-0319

## WEEK OF JUNE 3 - 9

|           | BREAKFAST   | LUNCH  | DINNER   |
|-----------|---|--|--|
| MON [6/3] | Whole Wheat Blueberry/Corn Muffins; bulgur and coconut hot porridge, hardboiled egg | Stewed Codfish (Bacalao Fresco Guisado); baked brown rice pilaf, italian cut green beans             | Baked Whole Wheat Penne w/ Sausage, Chard, and Mushrooms; ciabatta bread, roasted zucchini                       |
| TUE [6/4] | Whole Wheat English Muffin; scrambled eggs, turkey bacon                            | Bulgur Con Pollo; braised collard greens   | White Bean, Eggplant, & Tomato Casserole; millet, garden salad   |
| WED [6/5] | Cottage Cheese; sheet pan whole wheat pancakes                                      | Pastel Azteca Verde (Corn Tortilla Casserole); whole wheat dinner roll, broccoli with toasted garlic | Beef Sloppy Joe; whole wheat hamburger bun, romaine, kale, pepper, black olive, and feta salad                   |
| THU [6/6] | Hard Boiled Egg; oatmeal, whole wheat bread   | Eggplant and Lentil Curry Delight; yellow rice, arugula salad with roasted beets and carrots         | Okra, Stewed Tomatoes and Chicken; brown rice, cole slaw   |
| FRI [6/7] | Vegetable Egg Frittata; whole wheat bread   | Baked Salmon with Cilantro Citrus Sauce; parmesan barley, caribbean coleslaw                         | Habichuelas Guisadas (Stewed Beans); bulgur, kale salad w/ lemon   |
| SAT [6/8] | Whole Wheat Blueberry/Corn Muffins; coconut granola, non-fat plain greek yogurt     | Beef and Broccoli; millet, garden salad  | Bulgur Con Pollo; braised collard greens<br>(*Grab&Go)   |
| SUN [6/9] | Bran Flakes Cereal; cheddar cheese cornbread, hard boiled egg                       | Pozole Verde (Green Chicken Stew); whole grain yellow corn tortillas, Roasted Zucchini               | Pastel Azteca Verde (Corn Tortilla Casserole); whole wheat dinner roll, broccoli w/ toasted garlic<br>(*Grab&Go) |

## FEATURED LOCAL FARMS

**Milestone Mill Farm**  
Kingston, NY

## FEATURED INGREDIENT

### DRY ORGANIC BLACK BEANS

*As a great source of plant-based protein, we use these in many of our popular dishes that highlight spring produce, such as Pastel Azteca and Habichuelas Guisadas/ Stewed Beans.*

*The high fiber aids digestion, while high iron, phosphorus, calcium, and magnesium contribute to bone health!*

**FRESH FRUIT SERVED WITH EVERY MEAL**

## WEEK OF JUNE 10 - 16

|            | BREAKFAST   | LUNCH  | DINNER  |
|------------|---|--|---|
| MON [6/10] | Bran Flakes Cereal; whole wheat english muffin, hard boiled egg | Broccoli Cheddar Quiche; whole wheat bread, baby spinach salad with lemon vinaigrette  | Chicken Gumbo; millet, italian cut green beans  |
| TUE [6/11] | Whole Wheat Blueberry/Corn Muffins; cottage cheese              | Baked Fish with Corn and Potato Sauce; pearled barley, roasted zucchini                | Habichuelas Guisadas (Stewed Pinto Beans); brown rice w/ mushrooms, braised red cabbage w/ apples |
| WED [6/12] | Buttermilk Whole Wheat Biscuits; egg a la mexicana              | Aromatic Veggie Brown Rice Biryani w/ Chickpeas; braised collard greens                | Chicken Salad; whole wheat bread, cauliflower with carrots and parsley                            |
| THU [6/13] | Hard Boiled Egg; oatmeal, whole wheat bread                     | Turkey Meatloaf with mushrooms and peppers; creamed spinach polenta, mixed green salad | Baked Ziti w/ Ricotta; ciabatta bread, brussels sprouts   |
| FRI        | Coconut Granola; non-fat plain greek yogurt, sheet pan whole    | Aromatic Lentil Stew with Carrots and Turnips millet, roasted broccoli                 | Baked Chicken Thighs bulgur kale salad w/ beets and   |
| SAT [6/15] | Cinnamon Whole Wheat French Toast; cottage cheese               | Beef and Potato Pastelon; ciabatta bread, braised red cabbage with apples              | Baked Fish with Corn and Potato Sauce; pearled barley, roasted zucchini (*Grab&Go)                |
| SUN [6/16] | Pumpkin Muffins; scrambled eggs, turkey bacon                   | Jerk Chicken; rice and beans, italian cut green beans                                  | Aromatic Veggie Brown Rice Biryani w/ Chickpeas; braised collard greens (*Grab&Go)                |

## MEAL TIMES

### BREAKFAST:

Daily, 8:15-9 a.m.  
Check in starts at 8 a.m.

### LUNCH:

Daily, 11:30a.m.-12:30 p.m.  
Check in starts at 9:30 a.m.

### SIT-DOWN DINNER:

Mon-Fri: 4:30-5:30 p.m.  
Check in starts at 3:30 p.m.

### GRAB & GO DINNER:

Sat-Sun: 1:30-2:30 p.m.  
Check in starts at 1 p.m.

## CLOSURES

The Center @ 343 East 70th Street will be closed on Wednesday, June 19, Tuesday, June 25th and Wednesday, June 26th.

*All meals are first-come, first-served, until the end of the meal time or until all food has been served. Please note that veggie burgers are now available only in lieu of meat- or fish-based meals as of November 1. If you would like a veggie burger in lieu of the meat- or fish-based lunch entree, please inform the front desk by 11:15 a.m. for lunch or by 4:15 p.m. for dinner. Cottage cheese in lieu of the entree can be requested until the end of the meal time. Voluntary contribution: Breakfast \$1; Lunch \$1.50; Dinner \$1.50*

## WEEK OF JUNE 17 - 23

|               | BREAKFAST  | LUNCH  | DINNER   |
|---------------|--|--|--|
| MON<br>[6/17] | Non-Fat Plain Greek Yogurt; coconut granola, oatmeal                         | Tuscan Chickpea Pasta with Zucchini and Basil; whole wheat dinner roll, beet, arugula, and feta salad  | Okra w/ Stewed Tomatoes and Chicken; pearled barley, kale salad w/ beets and apple                   |
| TUE<br>[6/18] | Bran Flakes Cereal; whole wheat english muffin, hard boiled egg              | Baked Salmon with Lemon, Tarragon and Thyme; bulgur, cauliflower and pea curry                         | Broccoli Cheddar Quiche; whole wheat dinner roll, italian cut green beans                            |
| WED<br>[6/19] | CLOSED   | CLOSED   | CLOSED   |
| THU<br>[6/20] | Whole Grain Corn Muffins; scrambled eggs, whole wheat bread                  | BBQ Pulled Pork; whole wheat hamburger bun, cabbage and apple slaw                                     | White Bean, Eggplant, and Tomato Casserole; millet, baby spinach salad w/ lemon vinaigrette          |
| FRI<br>[6/21] | Bulgur and Coconut Hot Porridge; hard boiled egg, non-fat plain greek yogurt | Beef Meatballs in Tomato Sauce; whole wheat spaghetti, garden salad                                    | Crispy Baked Eggplant Parmesan; bulgur, broccoli w/ toasted garlic                                   |
| SAT<br>[6/22] | Buttermilk Whole Wheat Biscuits; spinach and mozzarella frittata             | Chicken Adobo; brown rice, balsamic roasted brussels sprouts   | Baked Salmon with Lemon, Tarragon & Thyme; bulgur, cauliflower & pea (*Grab&Go)                      |
| SUN<br>[6/23] | Hard Boiled Egg; whole grain corn muffins                                    | Egg Frittata with Potatoes and Peas; ciabatta bread, kale, romaine, apple, red cabbage, parmesan salad | Habichuelas Guisadas (Stewed Pinto Beans); baked brown rice pilaf, braised collard greens (*Grab&Go) |

## WEEK OF JUNE 24 - 30

|               | BREAKFAST  | LUNCH   | DINNER  |
|---------------|--|---|---|
| MON<br>[6/24] | Bulgur and Coconut Hot Porridge; hard boiled egg, whole grain corn muffins | Cauliflower Chickpea Bulgur Bake; mixed green salad   | Chicken Gumbo; millet, braised collard greens   |
| TUE<br>[6/25] | CLOSED   | CLOSED  | CLOSED  |
| WED           | CLOSED   | CLOSED  | CLOSED  |
| THU<br>[6/27] | Hard Boiled Egg; oatmeal, rye bread  | Aromatic Veggie Brown Rice Biryani w/ Chickpeas; kale, romaine, apple, red cabbage, & parmesan salad, raita yogurt yogurt | Chicken Salad; ciabatta bread beet, arugula, and feta salad                               |
| FRI<br>[6/28] | Buttermilk Whole Wheat Biscuits; scrambled eggs                            | Jerk Chicken; black beans and rice braised collard greens   | Baked Ziiti w/ Ricotta; multigrain bread, cucumber & tomato salad w/ balsamic vinaigrette |
| SAT<br>[6/29] | Coconut Granola; cornbread, non-fat plain greek yogurt                     | Cod with Lemon Pepper; pearled barley, broccoli and red peppers   | Turkey Meatloaf w/ Mushrooms Gravy; creamy spinach polenta, green beans (*Grab&Go)        |
| SUN<br>[6/30] | Bran Flakes Cereal; whole wheat english muffin, hard boiled egg            | Broccoli Cheddar Quiche; ciabatta bread, beet arugula and feta salad  | Lentil Stew with Chicken Sausage; millet, steamed red or green cabbage (*Grab&Go)         |

We reserve the right to change the menu as needed, based on product availability or other circumstances. The Center @ Lenox Hill Neighborhood House is funded by the New York City Department for the Aging and private support and contributions.