

BRONX HOUSE WEINBERG NEIGHBORHOOD SENIOR CENTER

AUGUST 2019 LUNCH MENU



DAY	DATE	MAIN ENTRÉE	ALTERNATE ENTRÉE
Thur	8/1	Poached Salmon, Barley Corn and Black Beans Salad, Cucumber Salad	Turkey Salad
Fri	8/2	Rosemary Chicken, Challah Bread, Noodle Kugel, Steamed Carrots	Salmon Salad
Mon	8/5	Turkey Meatloaf, Homemade Mashed Potatoes, Steamed Carrots	Tuna Salad
Tues	8/6	Oven Roasted Chicken Shawarma, Pita Halves, Israeli Salad	Baked Falafel
Wed	8/7	Stuffed Cabbage With Beef, Pasta, California Blend Vegetables	Salmon Salad
Thurs	8/8	Salmon Burgers, Home Fries With Peppers and Onions, Cucumber Dill Salad	Curried Chicken Salad
Fri	8/9	Roasted Chicken, Kasha, Varnishkes, Spinach Souffle	Tuna Salad
Mon	8/12	Pepper Steak, Chinese Style Spaghetti, Cabbage With Shredded Carrots	Tuna Egg Salad
Tues	8/13	Spanish Style Roasted Chicken, Rice and Beans, Green Beans	Salmon Salad
Wed	8/14	Shepherds Pie With Beef And Turkey, Tossed Salad With Dressing	Egg Salad
Thurs	8/15	Breaded Sole Fish Fillet, Bulgur Salad, Creamy Spinach	Turkey Salad
Fri	8/16	Grilled Caribbean Chicken Breast, Challah, Noddle Kugel, Beet Salad	NONE
Mon	8/19	Turkey Drumstick, Green Beans, Mashed Potatoes	Egg Salad
Tues	8/20	Garlic Chicken Meatballs, Pasta, Winter Blend Vegetables	Salmon Salad
Wed	8/21	Beef Moussaka With Garden Salad	Tuna Salad
Thurs	8/22	Tilapia Fish Francaise, Rice A Roni, Israeli Salad	Chicken Salad
Fri	8/23	Honey Apricot Glazed Chicken, Kasha Varnishkes, Broccoli Souffle	NONE
Mon	8/26	Stuffed Peppers With Turkey, Roasted Vegetables Couscous, Green Beans	Tuna Salad
Tues	8/27	Shake & Bake Chicken, Succotash Salad, Winter Blend Vegetables	Egg Salad
Wed	8/28	Beef Hamburgers Potatoes Salad, Coleslaw With Olive Oil and Vinegar	Salmon Salad
Thurs	8/29	Baked Salmon, Cilantro, Brown Rice, Mushrooms, Baby Carrots	Curried Chicken
Friday	8/30	Brown Gravy Roasted Chicken, Potatoes Kugel, Creamy Spinach	None

Bread, Margarine, Juice, Fruit, and Milk Served Daily.

MENUS ARE SUBJECT TO CHANGE

Lunch sign-in begins at 10am and lunch service begins at 12pm.

We cannot guarantee a meal for those who arrive late.

Bronx House Senior Center is funded by the New York City Department for the Aging and Councilman Mark Gjonaj.



A better life for everyone.™

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