

BRONX HOUSE WEINBERG NEIGHBORHOOD SENIOR CENTER

NOVEMBER 2021

LUNCH MENU



DAY	DATE	MAIN ENTRÉE	No Alternates
Mon	11/1	Teriyaki Tilapia, Chinese Style Spaghetti, Oriental Blend Vegetables	
Tues	11/2	Chicken With Tangy Tomato Sauce, Home Made Mash Potatoes, Italian Blend Vegetables	
Wed	11/3	Veggie Burger, Brown Rice, Kale With Garlic Sauce	
Thurs	11/4	Swedish Meatballs With Beef & Turkey, Kasha Varnishkes, Steamed Zucchini	
Fri	11/5	Lemon Chicken, Roasted Potatoes, Winter Blend Vegetables	
Mon	11/8	Horseradish Crusted Salmon, Rice A Roni, Braised Red Cabbage	
Tues	11/9	Baked Onions Turkey Burger, Creamy Spinach, Spiced Sweet Potatoes	
Wed	11/10	Lentil Stew With Carrots and Turnips, Rice Pilaf, Steamed Green Beans	
Thurs	11/11	Stuffed Cabbage With Beef, Toasted Barley and Onions, Steamed Carrots	
Fri	11/12	Hawaiian Chicken With Vegetables Noodle and Cabbage, Capri Blend Vegetables	
Mon	11/15	Fish With Tomatoes and Herbs– Jeera Rice, Kale and Garlic Sauce	
Tues	11/16	Kotleti (Chicken Patties), Roasted Beets, Smashed Red Potatoes	
Wed	11/17	Black Bean and Mushrooms Vegan Burger, Cous Cous, Creamy Spinach	
Thurs	11/18	Sweet & Sour Meatballs, Toasted Barley and Onions, Green Beans	
Fri	11/19	Roasted Chicken, Carrot Tzimmies, Potato Kugel	
Mon	11/22	Baked Fish Fillet With Dill Lemon Sauce, Rice Pilaf, kale With Garlic Sauce	
Tues	11/23	Baked Turkey breast, Mashed Sweet Potatoes, Italian Blend Vegetables	
Wed	11/24	Vegan Stuffed Bell Peppers, Cous Cous, Steamed Carrots	
Thurs	11/25	<i>Bronx House is closed for Thanksgiving</i>	
Fri	11/26	<i>Program is closed in observation of the day after of Thanksgiving</i>	
Mon	11/29	Baked Pollack Fish With Mustard Fish Sauce, brown Rice and Black Beans, Prince Edwards Blend Vegetables.	
Tues	11/30	Baked Onion Turkey Burger, Creamy Spinach, Spiced Sweet Burgers	

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

MENUS ARE SUBJECT TO CHANGE

Bronx House Senior Center is funded by the New York City Department for the Aging



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