

BRONX HOUSE WEINBERG NEIGHBORHOOD SENIOR CENTER

JANUARY 2022 LUNCH MENU



DAY	DATE	MAIN ENTRÉE	Alternates
Mon	1/3	Turkey Meat Sauce, Pasta, Sautéed Zucchini With Yellow Squash	Egg Salad
Tues	1/4	Chicken Marsala, Roasted Beets, Smashed Red Potatoes	Tuna salad
Wed	1/5	Fish Fillet, Rice Pilaf, Steamed Green Beans	Egg Salad
Thurs	1/6	Sweet & Sour Meatballs, Barley With Onions, Green Beans	Tuna Salad
Fri	1/7	Roasted Chicken With Brown Gravy, Carrot Tzimmies, Potato Kugel	No Alternates
Mon	1/10	Baked Salmon With Dill Lemon Sauce, Rice Pilaf, Steamed Broccoli	Egg Salad
Tues	1/11	Turkey Breast With Gravy, Grain Stuffing , Mashed Sweet Potatoes, Vegetables	Tuna Salad
Wed	1/12	Vegan Stuffed Bell Peppers, Sautéed Zucchini With Steamed Carrots	Egg Salad
Thurs	1/13	Beef Meatloaf With Mushrooms Gravy, Mashed Potatoes, Green Beans	Tuna Salad
Fri	1/14	Cranberry Chicken, Noodle Kugel and Creamy Spinach	No Alternates
Mon	1/17	Home Made Breaded Fish, Brown Rice and Black Beans With Carrots	Egg Salad
Tues	1/18	Shepherds Pie With Beef & Turkey, Israeli Salad	Tuna Salad
Wed	1/19	Italian Meat Balls With Beef And Turkey , Pasta, Garlic Bread, Vegetables	Egg Salad
Thurs	1/20	Beef Pot Roast, Green Beans and Homemade Mashed Potatoes	Tuna Salad
Fri	1/21	Chicken Shawarma, Lentils w/Spiced Rice and Onions Capri Blend Vegetables	No Alternates
Mon	1/24	Chicken Francaise, Spinach Noodle Pudding, Sautéed Zucchini	Tuna Salad
Tues	1/25	Salmon Burger, Rice Pilaf and Sautéed Green Beans	Egg Salad
Wed	1/26	Turkey Meat Loaf With Gravy, Yellow Rice, Kale With Garlic Sauce	Tuna Salad
Thurs	1/27	Stuffed Cabbage With Beef, Toasted Barley And Onions, Blend Vegetables	Egg Salad
Fri	1/28	Roasted Chicken, Carrots Tzimmies and Potato Kugel	No Alternates
Mon	1/31	Baked Salmon With Dill Lemon Sauce, Mashed Potatoes With Creamy Spinach	Egg Salad

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

MENUS ARE SUBJECT TO CHANGE

Lunch sign-in begins at 11:15am and lunch service begins at 12pm.

We cannot guarantee a meal for those who arrive late.

