

# BRONX HOUSE WEINBERG OLDER ADULT CENTER

# September 2022 LUNCH MENU



DAY	DATE	MAIN ENTRÉE	Alternates
Thurs	9/1	Fish Francaise, Rice A Roni, Steamed Carrots	Egg Salad
Fri	9/2	Cranberry Chicken, Noodle Kugel, Green Beans	No Alt
Mon	9/5	Closed for Labor Day Holiday	
Tues	9/6	Black Beans and Mushrooms Vegan Burger, Green Bean Salad, Mash Potatoes	Tuna Salad
Wed	9/7	Homemade Breaded Fish, Brown Rice and Black beans, Carrots	Turkey Salad
Thurs	9/8	Fish Francaise, Rice A Roni, Steamed Carrots	Tuna Salad
Fri	9/9	Chicken Shawarma, Lentils w/Spiced Rice & Caramelized Onions, Israeli Salad	No Alt
Mon	9/12	Baked Breaded Fish Fillets, Rice Pilaf, Sautéed Zucchini	Turkey Salad
Tues	9/13	Stuffed Cabbage w/Beef, Toasted Barley w/onions, Capri Blend Vegetables	Tuna Salad
Wed	9/14	Vegetarian Beans Chili, Yellow Rice, Kale with Garlic Sauce,	Egg Salad
Thurs	9/15	Fish Francaise, Rice A Roni, Steamed Carrots	Tuna Salad
Fri	9/16	Roasted Chicken, Carrot Tzimmes, Potato Kugel	No Alt
Mon	9/19	Salmon Cakes, Dill Lemon Sauce, Creamy Spinach, Homemade Mash Potatoes	Turkey Salad
Tues	9/20	Beef Pot Roast, Kasha Varnishkes, Steamed Broccoli	Tuna Salad
Wed	9/21	Eggplant Rounds, Tofu, Garlic Bread, Italian Blend Vegetables	Egg Salad
Thurs	9/22	Homemade Breaded Fish, Brown Rice and Black beans, Carrots	Tuna Salad
Fri	9/23	Lemon Chicken, Roasted Potatoes, Winter Blend Vegetables	No Alt
Mon	9/26	Italian Meatballs with Beef and Turkey, Pasta, Green Beans	Egg Salad
Tues	9/27	Veggie Burgers, Braised Red Cabbage, Homemade Mashed Potatoes	Turkey Salad
Wed	9/28	Stuffed Cabbage with Beef, Noodles and Cabbage, Capri Blend Vegetables	Tuna Salad
Thurs	9/29	Homemade Breaded Fish, Brown Rice and Black beans, Carrots	Egg Salad
Fri	9/30	Hawaiian Chicken w/Vegetables, Toasted Barley & Onions, Steamed Carrots	No Alt

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.

