

# BRONX HOUSE WEINBERG OLDER ADULT CENTER

# January 2023 LUNCH MENU



DAY	DATE	MAIN ENTRÉE
Mon	1/2	TVP Sloppy Joe, Rice and Beans, California Blend Vegetables
Tues	1/3	Brown Gravy, Turkey Leg, Whole Grain Stuffing, Mashed Sweet Potatoes, Vegetable Mix
Wed	1/4	Beef Meatloaf, w/Mushroom Gravy, Creamy Spinach, Homemade Mashed Potatoes
Thurs	1/5	Fish Francaise, Creole Sauce, Rice A Roni, Steamed Carrots
Fri	1/6	Cranberry Chicken, Noodle Kugel, Green Beans
Mon	1/9	Chinese Style Pepper Steak, Chow Fun Noodles, Oriental Blend Vegetables
Tues	1/10	Black Beans and Mushrooms Vegan Burger, Green Bean Salad, Roasted potatoes
Wed	1/11	California Turkey Meatloaf, Homemade Mash Potatoes, Italian Blend Vegetables
Thurs	1/12	Homemade Breaded Fish, Brown Rice and Black Beans, Steamed Sliced Carrots
Fri	1/13	Chicken Shawarma, Lentils with Spiced Rice and Caramelized Onions
Mon	1/16	Stuffed Cabbage w/Beef, Toasted Barley w/Onions, Capri Blend Vegetables
Tues	1/17	Baked Falafel Patties, Hummus, Za'atar Spiced Israeli Salad
Wed	1/18	Turkey w/Gravy, Whole Grain Stuffing, Green Beans, Homemade Mashed Potatoes
Thurs	1/19	Teriyaki Baked Fish, Yellow Rice, Oriental Bend Vegetables
Fri	1/20	Roasted Chicken, Potato Kugel, Carrot Tzimmes
Mon	1/23	Swedish Meatballs w/Beef and Turkey, Egg Noodles, Green Beans
Tues	1/24	Breaded Eggplant Cutlets, Fusilli Pasta, Garlic Bread, Italian Blend Vegetables
Wed	1/25	Beef Pot Roast, Homemade Potatoes, Creamy Spinach
Thurs	1/26	Salmon Cakes, Dill Lemon Sauce, Roasted Potatoes, Winter Blend Vegetables
Fri	1/27	Spanish Style Roasted Chicken, Rice A Roni, Sautéed Zucchini
Mon	1/30	Italian Meatballs w/Beef and Turkey, Garlic Bread, Pasta, Green Beans
Tues	1/31	Veggie Burgers, Braised Red Cabbage, Homemade Mashed Potatoes

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.

Funded by the NYC Department for the Aging

