

BRONX HOUSE WEINBERG OLDER ADULT CENTER

February 2023 LUNCH MENU



DAY	DATE	MAIN ENTRÉE
Wed	2/1	Stuffed Cabbage w/Beef, Kasha Varnishes, Capri Blend Vegetables
Thurs	2/2	Fish Francaise, Dill Lemon Sauce, Yellow Rice, Creamy Spinach
Fri	2/3	Hawaiian Chicken w/Vegetables, Toasted Barley and Onion, Steamed Carrots
Mon	2/6	Shepherd Pie w/Beef and Turkey, Garden Salad
Tues	2/7	Chicken Marsala, yellow Rice, Roasted Beets
Wed	2/8	Vegan Stuffed Peppers, Green Beans, Roasted Potatoes
Thurs	2/9	Sweet and Sour meatballs, Toasted Barley and Onion, Creamy Spinach
Fri	2/10	Roasted Chicken w/ Brown Gravy, Potato Kugel, Carrot Tzimmes
Mon	2/13	TVP Sloppy Joe, Rice and Beans, California Blend Vegetables
Tues	2/14	Turkey Leg w/Brown Gravy, Whole Grain Stuffing, Mashed Sweet Potatoes, Mix Vegetables
Wed	2/15	Beef Meatloaf w/Mushroom Gravy, Creamy Spinach, Homemade Mashed Potatoes
Thurs	2/16	Fish Francaise w/Creole Sauce, Rice A Roni, Steamed Carrots
Fri	2/17	Cranberry Chicken, Noodle Kugel, Green Beans
Mon	2/20	Chinese Style Pepper Steak, Chow Fun Noodles, Oriental Blend Vegetables
Tues	2/21	Black Beans and Mushrooms Vegan Burger, Green Bean Salad, Roasted Potatoes
Wed	2/22	California Turkey Meatloaf, Homemade Mashed Potatoes, Italian Blend Vegetables
Thurs	2/23	Homemade Breaded Fish, Brown Rice and Black Beans, Steamed Sliced Carrots
Fri	2/24	Chicken Shawarma, Lentils and Spiced Rice and Caramelized Onions, Cucumber Dill Salad
Mon	2/27	Stuffed Cabbage w/Beef, Toasted Barley w/Onions, Capri Blend Vegetables
Tues	2/28	Baked Falafel Patties, Hummus, Za'atar Spiced Israeli 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.



990 Pelham Pkwy South, Bronx, NY 10461 | 718.792.1800, ext. 228 • bronxhouse.org



Funded by the NYC Department for the Aging