

BRONX HOUSE WEINBERG OLDER ADULT CENTER

September 2023 LUNCH MENU



DAY	DATE	MAIN ENTRÉE
Fri	9/1	Baked Asian Style Chicken, White Rice, Steamed Carrots
Mon	9/4	CLOSED
Tues	9/5	Baked Falafel Patties, Hummus, Yellow Rice & Pigeon Peas
Wed	9/6	Whole Wheat Bean Burrito, Brown Rice, Tossed Salad
Thurs	9/7	Salmon, Brown Rice, Oriental Vegetables
Fri	9/8	Roasted Chicken, Potato Kugel, Carrots Tzimmes
Mon	9/11	Swedish Meatballs W/Turkey, Egg Noodles, Steamed Sliced Carrots
Tues	9/12	Vegetarian Three Bean Chili, Brown Rice, Italian Blend Vegetables
Wed	9/13	Beef Pot Roast, Mashed Potatoes, Creamy Spinach
Thurs	9/14	Flounder, Roasted Butternut Squash, Steamed Green Beans
Fri	9/15	Roast Chicken, Potato Kugel, Carrots Tzimmes
Mon	9/18	Homemade Tomato Sauce, Meat Sauce, Pasta, Italian Blend Vegetables
Tues	9/19	Lentil Stew W/Carrots and Turnips
Wed	9/20	Stuffed Cabbage W/Beef, Kasha Varnishkes, Capri Blend Vegetables
Thurs	9/21	Flounder, Roasted Butternut Squash, Creamy Spinach
Fri	9/22	Hawaiian Chicken, White rice, Steamed Carrots
Mon	9/25	CLOSED
Tues	9/26	Shepherd Pie W/Beef & Turkey, Mashed Sweet Potatoes, Garden Salad
Wed	9/27	Sweet & Sour Meatballs, Egg Noodles, Creamy Spinach
Thurs	9/28	Classic Black Bean Stew, Brown Rice, Steamed Green Beans
Fri	9/29	Roasted Chicken, Potato Kugel, Carrots Tzimmes

Bread, 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.



A better life for everyone.™



Funded by the NYC Department for the Aging

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