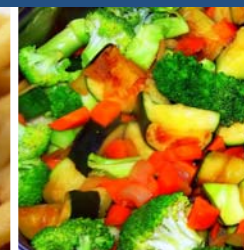


# BRONX HOUSE WEINBERG OLDER ADULT CENTER

# NOVEMBER 2023 LUNCH MENU



DAY	DATE	MAIN ENTRÉE
Mon	10/30	Turkey Burgers, Roasted Potatoes, California Blend Vegetables
Tues	10/31	Beef Meatloaf w/Mushroom Gravy, Mashed Sweet Potatoes, Creamy Spinach
Wed	11/1	Fish Franchise, Rice-A-Roni, Steamed Zucchini
Thurs	11/2	Eggplant Rollatini, Fusilli Pasta w/Parsley, Steamed Carrots
Fri	11/3	Cranberry Chicken, Sweet Noodle Kugel, Vegetable Mix
Mon	11/6	Chicken Marsala, White Rice, Italian Blend Vegetables
Tues	11/7	Shepherd Pie W/Beef & Turkey, Mashed Sweet Potatoes, Garden Salad
Wed	11/8	Sweet & Sour Meatballs, Egg Noodles, Creamy Spinach
Thurs	11/9	Classic Black Bean Stew, Brown Rice, Steamed Green Beans
Fri	11/10	Roasted Chicken, Potato Kugel, Carrot Tzimmes
Mon	11/13	Turkey Burgers, Roasted Potatoes, California Blend Vegetables
Tues	11/14	Beef Meatloaf w/Mushroom Gravy, Mashed Sweet Potatoes, Creamy Spinach
Wed	11/15	Fish Franchise, Rice-A-Roni, Steamed Zucchini
Thurs	11/16	Eggplant Rollatini, Fusilli Pasta w/Parsley, Steamed Carrots
Fri	11/17	Cranberry Chicken, Sweet Noodle Kugel, Vegetable Mix
Mon	11/20	Chinese Style Pepper Steak, Oriental Blend Vegetables
Tues	11/21	California Turkey Meatloaf, Mashed Sweet Potatoes, Italian Blend Vegetables
Wed	11/22	Salmon Cakes, Dill Lemon Sauce, Roasted Butternut Squash, Steamed Zucchini
<b>Thurs</b>	<b>11/23</b>	<b>CLOSED HAPPY TURKEY DAY</b>
<b>Fri</b>	<b>11/24</b>	<b>CLOSED HAPPY TURKEY DAY</b>
Mon	11/27	Homemade Tomato Meat Sauce, Pasta, Capri Blend Vegetables
Tues	11/28	Baked Falafel Patties, Yellow Rice and Pigeon Peas, Za'atar Spiced Israeli Salad
Wed	11/29	Turkey w/Gravy, Mashed Sweet Potatoes, Steamed Green Beans
Thurs	11/30	Teriyaki Baked Fish, Brown Rice, Oriental Blend Vegetables
Fri	12/1	Roasted Chicken, Potato Kugel, Carrot 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.



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Funded by the NYC Department for the Aging