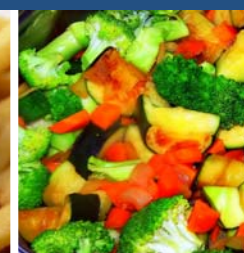


# BRONX HOUSE WEINBERG OLDER ADULT CENTER

# February 2024 LUNCH MENU



DAY	DATE	MAIN ENTRÉE
Mon	01/29	Chicken Marsala, White Rice, Italian Blend Vegetables
Tues	01/30	Shepherd Pie with Beef & Turkey, Garden Salad, Mashed Sweet Potatoes
Wed	01/31	Sweet and Sour Beef Meatballs, Egg Noodles, Creamy Spinach
Thurs	02/01	Classic Black Bean Stew, Brown Rice, Steamed Green Beans
Fri	02/02	Roasted Chicken, Carrot Tzimmes, Potato Kugel
Mon	02/05	Turkey Burger, Roasted Potatoes, California Blend Vegetables
Tues	02/06	Beef Meatloaf with Gravy, Creamy Spinach, Mashed Sweet Potatoes
Wed	02/07	Fish Francese, Rice A Roni, Steamed Zucchini
Thurs	02/08	Eggplant Rollatini, Fusilli Pasta, Steamed Carrots
Fri	02/09	Cranberry Chicken, Sweet Noodle Kugel, Vegetable Mix
Mon	02/12	Chinese Style Pepper Steak, Vegetable Lo Mein, Oriental Blend Vegetables
Tues	02/13	California Turkey Meatloaf, Italian Blend Vegetables, Mashed Sweet Potatoes
Wed	02/14	Dill Lemon Sauce Salmon Cakes, Roasted Butternut Squash, Steamed Zucchini
Thurs	02/15	Traditional Whole Wheat Bean Burrito, Brown Rice, Tossed Salad with Dressing
Fri	02/16	Baked Asian Style Honey Chicken, White Rice, Steamed Carrots
Mon	02/19	Homemade Tomato Meat Sauce with Pasta, Capri Blend Vegetables
Tues	02/20	Crispy Oven Baked Falafel Patties with Hummus, Rice and Peas, Za'atar Spiced Israeli Salad
Wed	02/21	Turkey with Gravy, Brown Rice, Oriental Blend Vegetables
Thurs	02/22	Teriyaki Baked Fish, Brown Rice, Oriental Blend Vegetables
Fri	02/23	Roasted Chicken, Carrot Tzimmes, Potato Kugel
Mon	02/26	Swedish Meatballs with Turkey, Egg Noodles, Steamed Sliced Carrots
Tues	02/27	Vegetarian Three Bean Chili, Brown Rice, Italian Blend Vegetables
Wed	02/28	Beef Pot Roast, Creamy Spinach, Mashed Sweet Potatoes
Thurs	02/29	Asian Style White Fish, Roasted Butternut Squash, Steamed Green Beans
Fri	03/01	Chicken Francese, Rice A Roni, Sauteed Zucchini

Bread, Fruit, and Milk Served Daily.

### MENUS ARE SUBJECT TO CHANGE

Lunch sign-in begins at 11:15am and lunch service begins at 12pm.

Funded by the NYC Department for the Aging

