

## February 2020 - Menu

Enjoy a nutritious, delicious meal on weekdays, first come, first served. *Vegetarian entrée italicized.*

3	4	5	6	7
Baked Chicken Quarters Roasted Zucchini <i>Italian Marinated Tofu</i>	Veggie Baked Ziti Mixed Green Salad <i>Veggie Baked Ziti</i>	Baked Chicken Cutlet Baked Potato Wedges <i>Black Bean Burger</i>	Beef Stroganoff w/Noodles Broccoli w/Toasted Garlic <i>Veggie Stuffed Cabbage</i>	Salmon Salad Baby Spinach Salad <i>Vegetarian Chili</i>
10	11	12	13	14
Citrus Marinated Chicken Brussel Sprouts & Kale <i>Chickpea Stew</i>	Salisbury Steak w/Gravy Sautéed String Beans <i>Tofu w/BBQ Sauce</i>	Baked Turkey Breast Red Cabbage w/Apples <i>Basil Quinoa Stuffed Peppers</i>	Broccoli /Cheese Quesadilla Mixed Green Salad <i>Broccoli/Cheese Quesadilla</i>	Apricot Glazed Salmon Sautéed Zucchini <i>Vegan Rice and Lentil Loaf</i>
17	18	19	20	21
<b>CLOSED</b>	BBQ Chicken Breast Winter Blend Vegetables <i>Tofu Stuffed Peppers</i>	Chili Con Carne Mixed Green Salad <i>Vegetarian Chili</i>	Chicken and Broccoli Stir Fry Sautéed Bok Choy <i>Eggplant Parmesan</i>	Baked Marinated Cod Sautéed String Beans <i>Lentil Stew w/Carrots</i>
24	25	26	27	28
Beef Brisket w/ Tomatoes Baby Carrots w/Parsley <i>Veggie Meatballs</i>	Baked Turkey Breast Brussel Sprouts <i>Veggie Stuffed Cabbage</i>	Deluxe Cheeseburger Tossed Salad w/Dressing <i>Black Bean Burger</i>	Eggplant Parmesan Italian Blend Vegetables <i>Eggplant Parmesan</i>	Baked Salmon w/Lemon Sautéed Spinach <i>Lemon Grass Curry w/Tofu</i>

**A voluntary contribution of \$3 suggested for 60+. Guest under 60 charged \$5.**

**Meal program is partially funded by the NYC Department for the Aging, Con Edison and the MAC AIDS FUND.**