

A voluntary contribution of \$3 suggested for 60+. Guests under 60 charged \$5.	1	2	3	4
	Vegetable Baked Ziti Mixed Green Salad <i>Vegetable Baked Ziti</i>	Baked Chicken Cutlet Baked Potato Wedges <i>Black Bean Burger</i>	Beef Stroganoff Broccoli w/ Toasted Garlic <i>Vegetarian Stuffed Cabbage</i>	Salmon Salad Baby Spinach Salad <i>Veggie Burger Patty</i>
7	8	9	10	11
Marinated Chicken Breast Brussel Sprouts & Kale Sauté <i>Chickpea Stew</i>	Salisbury Steak Sautéed Green Beans <i>BBQ Tofu</i>	Baked Turkey Breast Red Cabbage & Apple Salad <i>Basil Quinoa Stuffed Pepper</i>	Broccoli Cheese Quesadilla Mixed Green Salad <i>Broccoli Cheese Quesadilla</i>	Apricot Glazed Salmon Sautéed Zucchini <i>Vegan Rice and Lentil Loaf</i>
14	15	16	17	18
Stuffed Shells w/ Cheese Baby Spinach Salad <i>Stuffed Shells w/ Cheese</i>	BBQ Chicken Breast Winter Blend Veggies <i>Tofu Stuffed Pepper</i>	Chili Con Carne Mixed Green Salad <i>Veggie Chili</i>	Chicken & Broccoli Stir Fry Sautéed Bok Choy <i>Veggie Delight</i>	Baked Marinated Cod Sautéed String Beans <i>Lentil Stew w/ Carrots</i>
21	22	23	24	25
Beef Brisket Baby Carrots w/ Parsley <i>Veggie Meatballs</i>	Baked Turkey Breast Brussel Sprouts <i>Veggie Stuffed Cabbage</i>	Cheeseburger w/ Onions Tossed Salad <i>Black Bean Burger</i>	Eggplant Parmesan Italian Blend Vegetables <i>Eggplant Parmesan</i>	Baked Salmon Sautéed Spinach <i>Curry w/Broccoli and Tofu</i>
28	29	30	31	Meal program is partially funded by the NYC Department for the Aging, Con Edison and the MAC AIDS Fund.
Beef and Turkey Meatloaf Green Bean Sauté <i>Cheesy Veggie Lentil Loaf</i>	Roasted Pork Shoulder Collard Greens <i>Veggie Ratatouille</i>	Vegetarian Chili Mixed Green Salad <i>Vegetarian Chili</i>	Cranberry Chicken Roasted Brussel Sprouts <i>Orzo Stuffed Peppers</i>	