


# GREENWICH HOUSE OLDER ADULT SENIOR SERVICE

## MAY 2022 LUNCH MENU

Check out our website for all our latest listings of activities, lunch menu & special events - [http://www.greenwichhouse.org/senior\\_center/index](http://www.greenwichhouse.org/senior_center/index)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. Chicken Skewers with Mushrooms and Peppers <b><u>Vegetarian</u></b> Stuffed Shells with Cheese</p>	<p>3. Soft Tacos with Black Beans and Mixed Vegetables</p>	<p>4. Chicken &amp; Broccoli Stir Fry <b><u>Vegetarian</u></b> Baked Vegetable Alfredo Pasta</p>	<p>5. Deluxe Cheeseburger with Sautéed Green Peppers and Onions Cole Slaw Baked Fries <b><u>Vegetarian</u></b> Veggie Burger</p>	<p>6. Baked Salmon with Lemon, Tarragon and Thyme Baked Sweet Potato Steamed Carrots and Green Beans <b><u>Vegetarian</u></b> Whole Wheat Pasta Primavera with Cheese</p>
<p>9. BBQ Beef Ribs Baked Macaroni and Cheese Steamed Green Beans <b><u>Vegetarian</u></b> Baked Macaroni and Cheese Chickpea Salad with Tomatoes</p>	<p>10. Eggplant Parmesan Penne Roasted Broccoli</p>	<p>11. Italian Sausage White Rice Sautéed Brussel Sprouts w. Kale Turkey Bacon &amp; Walnuts <b><u>Vegetarian</u></b> Bean Burrito Baked Tamale</p>	<p>12. Oven Fried Chicken Wings Mixed Green Salad Potato Salad <b><u>Vegetarian</u></b> Vegetable Ratatouille Quinoa with Kale Steamed Cauliflower</p>	<p>13. Chicken Salad Arugula Salad <b><u>Vegetarian</u></b> Soft Tacos with Black Beans Mushroom Red Pepper &amp; Onion Sauté Roasted Eggplant</p>
<p>16. Arroz con Pollo (Chicken Breast and Rice) Carrot Salad Yellow Plantains <b><u>Vegetarian</u></b> Soft Tacos with Black Beans and Mixed Vegetables</p>	<p>17. Vegetable Baked Ziti with Whole Wheat Pasta Okra with Tomatoes</p>	<p>18. Pork Spare Ribs Roasted Sweet Potato Fries Whole Wheat Fusilli with Carrots and Pepper Salad <b><u>Vegetarian</u></b> Roasted Vegetable, Black Bean, and Corn Enchilada Casserole</p>	<p>19. Turkey Shepherd's Pie Broccoli with Toasted Garlic Sautéed Brussel Sprouts and Kale <b><u>Vegetarian</u></b> Chana Masala (Chickpeas) Brown Rice</p>	<p>20. Salmon in Garlic Butter Sauce Brown Rice with Mushrooms Sautéed String Beans <b><u>Vegetarian</u></b> Broccoli Cheese Quesadilla</p>
<p>23. Whole Wheat Cheese Pizza Classic Macaroni Salad Arugula Salad with Balsamic Vinegar</p>	<p>24. Vegan Meatballs Ziti California Blend Vegetables</p>	<p>25. BBQ Pulled Pork Baked Macaroni and Cheese Braised Collard Greens <b><u>Vegetarian</u></b> Three Bean Chili with Cheddar Cheese</p>	<p>26. Beef Lasagna Sautéed Spinach  <b><u>Vegetarian</u></b> Vegetable Lasagna</p>	<p>27. Tuna Salad Fusilli, Carrot, Pepper Salad Sautéed Zucchini  <b><u>Vegetarian</u></b> Stuffed Shells w/Cheese</p>
<p>MEMORIAL DAY  CENTER CLOSED</p>	<p>31. Baked Macaroni and Cheese Baked Sweet Potato Beets and Baby Carrots with Dill <b>HAPPY BIRTHDAY MAY!</b> Cake</p>		<p><b>ALL LUNCHES INCLUDE: WHOLE WHEAT BREAD, LOWFAT MILK, FRUIT AND JUICE. CONSUME THE MEALS IN 48 HOURS</b></p>	

Lunch Contribution \$2.00 Supported in part by the NYC Dept. for the Aging. Menu subject to change based on availability.