



**Educational
Alliance**
Older Adult Services

Project ORE

331 East 12th Street | New York, NY 10003

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  CENTER IS CLOSED	2 Cheese Manicotti Garlic Bread Broccoli +Red Pepper Kale Milk & Fruit	3 Asian Tuna Lo Mein Cabbage Milk & Fruit	4 Vegetarian Bean Chili Brown Rice Tomato Vegetable Soup Zucchini	5 Brozzini w/ crumb topping WW Roll Winter Veg Blend Beet Salad Milk & Fruit
8 Breaded Flounder WW Roll Zucchini Roasted Broccoli Milk & Fruit	9 Bean Enchilada Brown Rice Mexican Corn Tortilla Soup Broccoli & Peppers Milk & Fruit	10 Salmon Teriyaki Fried Rice Stir Fry Vegetables Milk & Fruit	11 Baked Ziti White Bean Soup California Veg Blend Garlic Knot Milk & Fruit	12 Tilapia w/ Butter & Herbs Brown Rice Sweet Potato Green Beans Milk & Fruit
15  CENTER IS CLOSED	16 Eggplant Parmesan Garlic Bread Baby Carrots Escarole Bean Soup Milk & Fruit	17 Salmon Burgers WW Roll Spinach Salad Baked Fries Milk & Fruit	18 Vegetarian Lasagna Garlic Breadstick Minestrone Broccoli & Peppers Milk & Fruit	19 Perch Brown Rice w/ Mushrooms Asian Cabbage Sweet Potatoes Milk & Fruit
22 Haddock Brown Rice Butternut Squash Soup Capri Blend Veg. Milk & Fruit	23 Vegetable Pizza Beet Salad Braised Collard Greens Milk & Fruit	24 Tilapia w/ butter & herbs Pasta Primavera Sweet Potato Kale Milk & Fruit	25 Eggplant Parmesan Hero WW Roll Sautéed Escarole Milk & Fruit	26 Salmon w/ Ginger & Scallion Fried Rice Egg Drop Soup Broccoli Milk & fruit
29 Breaded Pollock Pasta Parmesan Broccoli Sweet Potato Milk & Fruit	30 Chickpea Stew Brown Rice California Veg Blend Mushroom Barley Soup Milk & Fruit	31 Salmon Lo Mein Noodles Stir Fry Vegetables Milk & Fruit	January 2018 Lunch Menu	

**Kosher Meals • Under the supervision of
va'ad of Brooklyn | Fresh and healthy**

