

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**

**CHSCC - Lunch Meals – Week of 3/24/2025**

**12:00 PM-1:30 PM**

<p><b>Monday</b> Black Bean Quinoa Veggie Burger Baked Fries Whole Wheat Hamburger Bun Broccoli and Red Pepper Salad Fruit Cocktail 1% Low Fat Milk</p>	<p><b>Tuesday</b> Oven Fried Chicken Wings Baked Macaroni and Cheese Sauteed String Beans Apple 1% Low Fat Milk</p>
<p><b>Wednesday</b> Beef Stir Fry with Broccoli and Carrots White Rice Asian Style Cucumber Salad Apricots 1% Low Fat Milk</p>	<p><b>Thursday</b> Baked Pork Chops Brown Rice Arugula with Balsamic Vinaigrette Banana 1% Low Fat Milk</p>
<p><b>Friday</b> Baked Cod Wild Rice Pilaf Italian Cut Green Beans Sliced Peaches 1% Low Fat Milk</p>	<p><b>We hope you enjoy our meals – CHSCC Team.</b></p>

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

## Monday

Black Bean Quinoa Veggie Burger (pre-prepared), Baked Fries (pre-prepared), Whole Wheat Hamburger Bun, Broccoli and Red Pepper Salad \*, Fruit Cocktail \*, 1% Low Fat Milk

### Nutrition Facts

Serving Size 1

Amount Per Serving

**Calories 726**

% Daily Value \*

**Total Fat 22g 30%**

Saturated Fat 2.5g 14%

Trans Fat 0g 0%

**Cholesterol 10mg 4%**

**Sodium 702mg 31%**

**Carbohydrate 105g 38%**

Dietary Fiber 18g 65%

Total Sugars 47g

Includes Added Sugars 3g 6%

**Protein 27g**

Vit. D 3ug 15% \* Calcium 499mg 35%

Iron 3mg 25% \* Potas 1218mg 25%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Tuesday

Oven Fried Chicken Wings, Baked Macaroni and Cheese, Sauteed String Beans \*, Apple, 1% Low Fat Milk

### Nutrition Facts

Serving Size 1

Amount Per Serving

**Calories 698**

% Daily Value \*

**Total Fat 28g 35%**

Saturated Fat 8g 40%

Trans Fat 0g 0%

**Cholesterol 90mg 29%**

**Sodium 359mg 16%**

**Carbohydrate 70g 24%**

Dietary Fiber 8g 30%

Total Sugars 31g

Includes Added Sugars 0g 0%

**Protein 44g**

Vit. D 3ug 15% \* Calcium 496mg 40%

Iron 3mg 20% \* Potas 948mg 20%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Wednesday**

Beef Stir Fry with Broccoli and Carrots, White Rice (1/2 cup), Asian Style Cucumber Salad, Canned Apricots \*, 1% Low Fat Milk

**Nutrition Facts**

Serving Size 1

Amount Per Serving

**Calories 655**

% Daily Value \*

<b>Total Fat 17g</b>	<b>22%</b>
Saturated Fat 4.5g	<b>21%</b>
Trans Fat 0g	<b>0%</b>
<b>Cholesterol 80mg</b>	<b>26%</b>
<b>Sodium 340mg</b>	<b>15%</b>
<b>Carbohydrate 86g</b>	<b>30%</b>
Dietary Fiber 8g	<b>30%</b>
Total Sugars 46g	
Includes Added Sugars 2g	<b>4%</b>
<b>Protein 42g</b>	
Vit. D 3ug 15% *	Calcium 412mg 30%
Iron 5mg 30% *	Potas 1583mg 35%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Thursday**

Baked Pork Chops, Brown Rice (1 cup), Arugula with Balsamic Vinaigrette \*, Banana, 1% Low Fat Milk

**Nutrition Facts**

Serving Size 1

Amount Per Serving

**Calories 842**

% Daily Value \*

<b>Total Fat 29g</b>	<b>39%</b>
Saturated Fat 6g	<b>32%</b>
Trans Fat 0g	<b>0%</b>
<b>Cholesterol 85mg</b>	<b>28%</b>
<b>Sodium 217mg</b>	<b>10%</b>
<b>Carbohydrate 107g</b>	<b>37%</b>
Dietary Fiber 8g	<b>31%</b>
Total Sugars 39g	
Includes Added Sugars 2g	<b>5%</b>
<b>Protein 39g</b>	
Vit. D 4ug 20% *	Calcium 406mg 30%
Iron 3mg 20% *	Potas 1589mg 35%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Friday**

**Baked Marinated Fish, Wild Rice Pilaf, Italian Cut Green Beans \*, Canned Sliced Peaches \*, 1% Low Fat Milk**

**Nutrition Facts**

**Serving Size 1**

**Amount Per Serving**

**Calories 525**

**% Daily Value \***

**Total Fat 6g 9%**

Saturated Fat 2g **11%**

Trans Fat 0g **0%**

**Cholesterol 60mg 20%**

**Sodium 200mg 9%**

**Carbohydrate 84g 30%**

Dietary Fiber 8g **28%**

Total Sugars 41g

Includes Added Sugars 0g **0%**

**Protein 33g**

Vit. D 4ug 25% \* **Calcium 423mg 30%**

**Iron 3mg 15% Potas 1272mg 30%**

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**We hope you enjoy our meals – CHSCC Team.**

**[WWW.CHSCC.ORG](http://WWW.CHSCC.ORG)**

**212-926-4871**

# Easy Ways to... Flavor Food Without Salt

## Spices

- Try adding a little pinch at a time.
- Sauté for 30 seconds in oil to release aroma.

 <p><b>Cinnamon:</b> Use in oatmeal to add sweetness.</p>	 <p><b>Cumin:</b> Add to beans or meat.</p>
 <p><b>Paprika:</b> Use in a spice rub for chicken, meat or tofu.</p>	 <p><b>Turmeric:</b> Add to rice, chicken or vegetables for color.</p>

## Herbs

- Add dried and hard fresh herbs (like rosemary) at the beginning of cooking and soft fresh herbs (like parsley) towards the end of cooking.
- One teaspoon of dried herbs is equal to one tablespoon of fresh herbs.

 <p><b>Basil:</b> Add to tomato sauce and pasta.</p>	 <p><b>Cilantro:</b> Mix into rice, beans or salsa.</p>
 <p><b>Parsley:</b> Sprinkle on grains, salads or stir-fries as a final touch.</p>	 <p><b>Thyme:</b> Add to roasted vegetables.</p>

## Fruits and Vegetables

- Caramelize aromatic and savory vegetables, herbs and/or spices before adding other ingredients by cooking on medium-high heat until they become brown and sweet.
- Add vinegar at the beginning and citrus juice at the end of cooking for the best flavor and balance.
- When adding spicy peppers, remove ribs and seeds for just a little spice.

 <p><b>Aromatic ingredients:</b> Onions, garlic, carrots, peppers, celery, ginger.</p>	 <p><b>Savory:</b> Tomatoes, cooked potatoes, celery, mushrooms.</p>
 <p><b>Citrus and vinegars:</b> Juice and zest balance and brighten.</p>	 <p><b>Peppers:</b> Jalapenos, dried chilis, poblanos.</p>

For healthy eating tips, "like" Eat Healthy, Be Active NYC on Facebook at

[facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

For more information about Stellar Farmers Markets, visit [nyc.gov](http://nyc.gov) and search for farmers markets.

For healthy recipes, visit [jsyfruitveggies.org](http://jsyfruitveggies.org).



*Just Say Yes* to fruits and vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](http://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

# Easy Ways to... Store Fruits and Vegetables

Properly stored fruits and vegetables stay fresh longer, taste better, maintain nutrients and save you money by reducing food waste.

## Cool, dark and dry place: 1 to 3 months



Potatoes  
Sweet potatoes  
Winter squash

Garlic  
Onions  
Shallots



## Counter: 3 to 10 days (refrigerate when ripe)

Apples  
Grapes  
Peaches  
Plums

Cherries  
Melons  
Pears  
Tomatoes



## Refrigerator: 3 to 14 days

Asparagus\*  
Broccoli  
Carrots  
Chili peppers  
Eggplant  
Herbs\*  
Mushrooms  
Peppers  
Zucchini

Berries  
Brussels sprouts  
Cauliflower  
Corn  
Green onions  
Leafy greens\*  
Okra  
Radishes

Beets  
Cabbage  
Celery\*  
Cucumbers  
Green beans  
Leeks  
Peas  
Summer squash  
*\*keep in plastic bag*



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**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**

**CHSCC - Breakfast Meals – Week of 3/24/2025**

**9:00 AM-10:00 AM**

<p><b>Monday</b> French Toast Strawberries &amp; Blueberries Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p><b>Tuesday</b> Home Fries Scrambled Eggs Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>
<p><b>Wednesday</b> Grits Boiled Eggs Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p><b>Thursday</b> Cold Cereal Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>
<p><b>Friday</b> Cold Cereal Chocolate Muffin Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p><b>We hope you enjoy our meals – CHSCC Team.</b></p>

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# Breakfast

**As of Monday, June 10, 2024,  
payment for breakfast is  
mandatory. Breakfast is not a  
DFTA-funded program;  
CHSCC provides the meal.**

**9:00 am – 10:00 am**

**MEMBERS - \$1.00**

**GUESTS - \$2.00**

**\*PLEASE BRING EXACT CHANGE. THANK YOU.**

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