

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Lunch Meals – Week of 2/3/2025

12:00 PM-1:30 PM

<p>Monday Black Bean Tacos with Pineapple Salsa Baby Spinach Salad with Lemon Vinaigrette Apricots 1% Low Fat Milk</p>	<p>Tuesday Chicken Jambalaya with Brown Rice Sauteed String Beans Mandarin Oranges 1% Low Fat Milk</p>
<p>Wednesday Pepper Flank Steak White Rice Broccoli with Toasted Garlic Pears 1% Low Fat Milk</p>	<p>Thursday Smothered Turkey Wings Mash Potatoes California Blend Vegetables Pineapple 1% Low Fat Milk</p>
<p>Friday Jerk Cod Rice and Bean California Blend Vegetables Sliced Peaches 1% Low Fat Milk</p>	<p>We hope you enjoy our meals – CHSCC Team.</p>

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

Monday

Black Bean Tacos with Tangy Pineapple Salsa, Baby Spinach Salad with Lemon Vinaigrette, Canned Apricots *, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories **542**

% Daily Value *

Total Fat 10g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g **0%**

Cholesterol 10mg **4%**

Sodium 484mg **21%**

Carbohydrate 99g **36%**

Dietary Fiber 18g **64%**

Total Sugars 52g

Includes Added Sugars 1g **1%**

Protein 21g

Vit. D 3ug 15% * Calcium 490mg 35%

Iron 7mg 40% * Potas 1489mg 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.

Tuesday

Chicken Jambalaya with Brown Rice, Brown Rice (1 cup), Sauteed String Beans, Canned Mandarin Oranges *, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories **809**

% Daily Value *

Total Fat 17g **23%**

Saturated Fat 4g **22%**

Trans Fat 0g **0%**

Cholesterol 85mg **28%**

Sodium 251mg **11%**

Carbohydrate 120g **43%**

Dietary Fiber 9g **35%**

Total Sugars 38g

Includes Added Sugars 0g **0%**

Protein 47g

Vit. D 3ug 15% * Calcium 404mg 30%

Iron 4mg 25% * Potas 1393mg 30%

* 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

Pepper Flank Steak, White Rice,
Canned Pears *, 1% Low Fat
Milk,

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 631

% Daily Value *

Total Fat 13g 16%

Saturated Fat 5g 27%

Trans Fat 0g 0%

Cholesterol 60mg 19%

Sodium 356mg 9%

Carbohydrate 89g 31%

Dietary Fiber 7g 28%

Total Sugars 44g

Includes Added Sugars 0g 0%

Protein 43g

Vit. D 3ug 15% * Calcium 409mg 30%

Iron 4mg 25% * Potas 1324mg 30%

* 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

Smothered Turkey Wings, Mash
Potatoes, California Blend
Vegetables, Canned Pineapple *,
1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 859

% Daily Value *

Total Fat 23g 28%

Saturated Fat 6g 28%

Trans Fat 0g 0%

Cholesterol 85mg 29%

Sodium 416mg 18%

Carbohydrate 117g 42%

Dietary Fiber 15g 53%

Total Sugars 55g

Includes Added Sugars 0g 0%

Protein 49g

Vit. D 4ug 20% * Calcium 523mg 40%

Iron 5mg 30% * Potas 1519mg 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

**Jerk Cod, Rice and Beans,
Cabbage *, Canned Sliced
Peaches *, 1% Low Fat Milk**

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 670

% Daily Value *

Total Fat 19g 25%

Saturated Fat 26%
5g

Trans Fat 0g 0%

Cholesterol 20%
60mg

Sodium 365mg 17%

Carbohydrate 32%
90g

Dietary Fiber 35%
10g

Total Sugars

Includes 6%
Added Sugars
3g

Protein 36g

Vit. D 70% * Calcium 494mg 40%
14ug

Iron 4mg 25% Potas 1817mg 40%
*

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We hope you enjoy our meals – CHSCC Team.

WWW.CHSCC.ORG

212-926-4871

Easy Ways to... Read an Ingredients List

Choose items with a list that...

✓ Is short

As a general rule, the fewer ingredients a product has, the healthier it is.

✓ Is easy to understand

Choose foods with ingredients that have uncomplicated names.

✓ Includes whole grains

In breakfast cereals, crackers, pastas and breads, the word "whole" should appear as the first or second ingredient.

✓ Includes no or low sugar

Choose foods that do not have a lot of sugar (see Bread #2 below, where common names for sugar are shown in **bold**).

Avoid items with a list that...

X Is long

As a general rule, long ingredients lists mean more sugars and additives.

X Is hard to understand

Avoid ingredients you do not recognize or cannot pronounce.

X Includes trans fat or partially hydrogenated oils

Trans fat increases your risk of heart disease by increasing "bad" cholesterol (LDL) and decreasing "good" cholesterol (HDL).

X Includes many sugars

Common names for sugars include cane sugar, honey, sucrose, glucose, fructose, dextrose, high fructose corn syrup, fruit juice concentrate, molasses and invert sugar.

Bread #1: Healthier Choice

INGREDIENTS: 100% WHOLE WHEAT FLOUR, WATER, SOYBEAN OIL, **MOLASSES**, YEAST, WHEAT GLUTEN, CALCIUM PROPIONATE (TO PREVENT SPOILAGE), NON FAT MILK, SALT

Bread #2: Less Healthy Choice

INGREDIENTS: ENRICHED WHEAT FLOUR, **CORN SYRUP**, **SUGAR**, PARTIALLY HYDROGENATED SOYBEAN AND PALM OIL, **SUCROSE**, **DEXTROSE**, **HIGH FRUCTOSE CORN SYRUP**, **FRUCTOSE**, GLYCERIN, **POLYDEXTROSE**, MODIFIED CORN STARCH, SALT, SODIUM STEAROLY LACTYALATE, PYRIDOXINE HYDROCHLORIDE, **RED #40**, **YELLOW #5**

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 and search for "farmers markets."

For healthy recipes, visit 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. 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... Save Money by Buying in Season

Look for fruits and vegetables grown in New York State.



Spring

Fruits

Apples

Vegetables

Asparagus
Beets
Broccoli
Cabbage
Cauliflower
Collard greens
Kale
Lettuce
Mushrooms
Mustard greens
Parsnips
Peas
Radishes
Rhubarb
Spinach
Sprouts

Summer

Fruits

Cherries
Melons
Strawberries
Peaches

Vegetables

Beets
Broccoli
Cabbage
Cauliflower
Celery
Corn
Cucumbers
Garlic
Green Beans
Lettuce
Mushrooms
Okra
Onions
Peppers
Potatoes
Summer squash
Tomatoes
Zucchini

Fall

Fruits

Apples
Grapes
Pears
Raspberries
Watermelon

Vegetables

Beets
Broccoli
Cabbage
Garlic
Green beans
Lettuce
Mushrooms
Onions
Peppers
Potatoes
Pumpkin
Radishes
Sweet potatoes
Turnip
Winter squash

Winter

Fruits

Apples

Vegetables

Beets
Cabbage
Carrots
Garlic
Mushrooms
Onions
Potatoes
Sweet potatoes
Winter squash

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Just Say Yes to Fruits and Vegetables

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Breakfast Meals – Week of 2/3/2025

9:00 AM-10:00 AM

<p>Monday Boiled Egg Biscuits Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>Tuesday Waffles Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>
<p>Wednesday Grits Scrambled Eggs Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>Thursday French Toast Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>
<p>Friday Cold Cereal Blueberry Muffin Yogurt Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>We hope you enjoy our meals – CHSCC Team.</p>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



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.**

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Bureau of Community Services/Nutrition Announcement

August 26, 2024

Processed Meat Phase Out

Dear OAC and HDM Community Partners,

We wanted to let you know that per the [NYC Food Standards](#), beginning January 1st, 2025, processed meat will no longer be allowed to be served at city-funded programs.

Processed meat is meat that has been transformed through salting, curing, fermentation, smoking or other processes to enhance flavor or improve preservation. Examples can include deli meat, ham, bacon, turkey bacon and sausage.

NYC Aging staff are currently reviewing recipes in Simple Servings that contain processed meat and are identifying menus that will need updating. To help you prepare for these new standards, nutrition staff will be reaching out to make sure the meals you provide continue to be culturally aligned to your communities.

As always, if you have recipes that you would like to see included in Simple Servings, please email your Nutrition Advisor.

Thank you,
Bureau of Community Services

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• **Brain Power Activities**

Monday, February 10th & 17th
10:30 am to 11:30 am

• **Coupons 101 Workshop**

Thursday, February 20th & 27th
1:30 pm to 3:30 pm

• **Jewelry Making Class**

Friday, February 7th, 14th & 21st
2:00 pm to 4:00 pm

• **Paint & Sip**

Friday, February 28th
2:00 pm to 4:00 pm

• **Game Night**

Friday, February 14th & 28th
5:00 pm to 7:00 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• **Chole Day School –**

Performance & Care package giveaways

Tuesday, February 4th, 10:00 am to 11:00 am

• **Bingo with the NYPD 32nd**

Thursday, February 10th, 2:00 pm to 3:00 pm

• **Nutrition Presentation**

Friday, February 7th, 12:00 pm to 1:00 pm

• **Citizen Preparedness Presentation**

Tuesday, February 11th, 11:00 am to 12:00 pm

• **Valentine Celebration**

Friday, February 14th, 12:00 pm to 2:00 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Closed Presidents' Day**
Monday, February 17th

- **Elite Home Health Care Presentation**

Tuesday, February 18th, 12:30 pm to 1:00 pm

- **Ohel's Older Adults Services**
Anxiety Presentation

Thursday, February 20th, 12:30 pm to 1:30 pm

- **Black History/Birthday Celebration**

Tuesday, February 25th, 12:00 pm to 2:00 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

H A P P Y
Valentine's Day


Friday, February 14th

LUNCH MENU

12:00 pm - 1:30 pm

*** Baked Salmon**

*** Wild Rice Pilaf * Green Beans**

*** Cake**

Entertainment DJ Mario

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

Monday, February 17, 2025

**All CHSCC locations will be
Closed in observance of**



**All CHSCC locations will
resume regular business hours**

Tuesday, February 18, 2025

9:00 am

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Black History
&
Birthday Celebration



Tuesday, February 25, 2025

LUNCH MENU

12:00 pm - 1:30 pm

- * Beef Ribs * Potato Salad**
*** Collard Greens * Cornbread**
*** Cake**

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



**SCAN BELOW TO VIEW THE
CHSCC NEWSLETTER**

