

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

**CHSCC - Lunch Meals – Week of 11/04/2024**

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

<p><b>Monday</b> Curry Chickpea and Vegetable with Quinoa Roasted Potatoes Spinach and Gorgonzola Salad with Raspberry Balsamic Vinaigrette Pineapple 1% Low Fat Milk</p>	<p><b>Tuesday</b> Baked Chicken Quarters Yellow Rice Okra with Tomatoes Fruit Cocktail 1% Low Fat Milk</p>
<p><b>Wednesday</b> Baked Pork Chops Baked Brown Rice Pilaf Brussels Sprouts with Caramelized Onions Apple 1% Low Fat Milk</p>	<p><b>Thursday</b> Beef Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Roasted Sautéed String Beans Banana 1% Low Fat Milk</p>
<p><b>Friday</b> Baked Flounder with Lemon Garlic Butter Sauce Wild Rice Italian Blend Vegetables Mandarin Oranges 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

Chickpea and Vegetable Curry with Quinoa, Roasted Potatoes, Spinach and Gorgonzola Salad with Raspberry Balsamic Vinaigrette \*, Canned Pineapple \*, 1% Low Fat Milk

### Nutrition Facts

Serving Size 1

Amount Per Serving

**Calories 862**

% Daily Value \*

**Total Fat 24g 31%**

Saturated Fat 7g 35%

Trans Fat 0g 0%

**Cholesterol 25mg 8%**

**Sodium 632mg 27%**

**Carbohydrate 139g 49%**

Dietary Fiber 19g 69%

Total Sugars 66g

Includes Added Sugars 6g 12%

**Protein 30g**

Vit. D 3ug 15% \* Calcium 669mg 50%

Iron 10mg 60% \* Potas 1449mg 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

Baked Chicken Quarters, Yellow Rice, Okra with Tomatoes \*, Fruit Cocktail \*, 1% Low Fat Milk

### Nutrition Facts

Serving Size 1

Amount Per Serving

**Calories 591**

% Daily Value \*

**Total Fat 17g 25%**

Saturated Fat 5g 26%

Trans Fat 0g 0%

**Cholesterol 90mg 30%**

**Sodium 219mg 9%**

**Carbohydrate 75g 25%**

Dietary Fiber 7g 26%

Total Sugars 43g

Includes Added Sugars 0g 0%

**Protein 37g**

Vit. D 3ug 15% \* Calcium 470mg 35%

Iron 3mg 25% \* Potas 1144mg 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.

## Wednesday

Baked Pork Chops, Baked Brown Rice Pilaf, Brussels Sprouts with Caramelized Onions, Apple, 1% Low Fat Milk

### Nutrition Facts

Serving Size 1

Amount Per Serving

**Calories 669**

% Daily Value \*

**Total Fat 24g 33%**

Saturated Fat 7g 35%

Trans Fat 0g 0%

**Cholesterol 110mg 37%**

**Sodium 259mg 11%**

**Carbohydrate 67g 23%**

Dietary Fiber 7g 26%

Total Sugars 31g

Includes Added Sugars 0g 0%

**Protein 44g**

Vit. D 4ug 25% \* Calcium 384mg 30%

Iron 3mg 15% \* Potas 1302mg 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

Beef Meatloaf with Mushroom Gravy, Garlic Mashed Potatoes \*, Whole Wheat Dinner Roll, Sauteed String Beans \*, Banana, 1% Low Fat Milk

### Nutrition Facts

Serving Size 1

Amount Per Serving

**Calories 833**

% Daily Value \*

**Total Fat 27g 36%**

Saturated Fat 8g 43%

Trans Fat 1g 0%

**Cholesterol 135mg 45%**

**Sodium 450mg 20%**

**Carbohydrate 107g 38%**

Dietary Fiber 12g 43%

Total Sugars 37g

Includes Added Sugars 1g 2%

**Protein 45g**

Vit. D 4ug 20% \* Calcium 448mg 35%

Iron 5mg 30% \* Potas 1408mg 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.

**Friday**

**Baked Fish with Lemon Garlic Butter Sauce, Wild Rice, Italian Blend Vegetables \*, Canned Mandarin Oranges \*, 1% Low Fat Milk**

**Nutrition Facts**

Serving Size 1

Amount Per Serving

**Calories 489**

% Daily Value \*

**Total Fat 6g 9%**

Saturated Fat 2.5g 13%

Trans Fat 0g 0%

**Cholesterol 60mg 21%**

**Sodium 294mg 14%**

**Carbohydrate 72g 26%**

Dietary Fiber 8g 30%

Total Sugars 40g

Includes Added Sugars 0g 0%

**Protein 39g**

Vit. D 6ug 50% \* Calcium 410mg 30%

Iron 3mg 10% \* Potas 1141mg 25%

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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... Freeze Fruits and Vegetables

<b>Freeze</b> 	<b>Blanch</b> (quick boil) 	<b>Cook</b> 
Put these in the freezer right away	Blanch these before freezing	Cook these before freezing
Berries Cherries* Corn (cut off the cob) Grapes Peaches* Plums* Peeled melon Winter squash  *remove pits	Artichokes      Eggplant Asparagus      Green beans Broccoli          Leafy greens Brussels sprouts    Okra Cabbage            Onions Carrots             Parsnips Cauliflower        Peppers Celery               Summer squash Zucchini	Apples Beets Beans and legumes Potatoes Sweet potatoes Tomatoes Pumpkin Radishes Winter squash
<b>Freezing Tips</b>	<b>Blanching Steps</b>	<b>Ways to Cook</b>
<ul style="list-style-type: none"> <li>Wash all fruits and vegetables before freezing.</li> <li>Store food in a container with a tight-fitting lid.</li> <li>Write the date on the container before freezing. Food will keep for about six months.</li> </ul>	<ul style="list-style-type: none"> <li>Boil enough water to cover all produce in the pot.</li> <li>Clean produce. Chop into even-sized pieces.</li> <li>Place produce in boiling water and boil until just tender (one to five minutes).</li> <li>Rinse under cold water until cool.</li> <li>Strain in colander, place in sealed container and freeze.</li> </ul>	<ul style="list-style-type: none"> <li>Bake or roast</li> <li>Sauté</li> <li>Boil</li> <li>Steam</li> <li>Poach</li> </ul>

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

**CHSCC - Breakfast Meals – Week of 11/4/2024**

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

<b>Monday</b> French Toast Pork or Turkey Sausage Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate	<b>Tuesday</b> Mini Bagels Pork or Turkey Sausage Patties Fruit Oatmeal Coffee, Tea, or Hot Chocolate
<b>Wednesday</b> Grits Scrambled Eggs Pork or Turkey Bacon Fruit Oatmeal Coffee, Tea, or Hot Chocolate	<b>Thursday</b> Hash Browns Beef Sausage Fruit Oatmeal Coffee, Tea, or Hot Chocolate
<b>Friday</b> Cold Cereal Blueberry Muffin Yogurt Oatmeal Coffee, Tea, or Hot Chocolate	<b>We hope you enjoy our meals – CHSCC Team.</b>

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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.**



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

## **KENNEDY**



- **Memoir Writing Workshop**

Monday, November 4<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>  
2:30 pm to 3:30 pm

- **Brain Power Activities**

Monday, November 25<sup>th</sup>  
10:30 am to 11:30 am

- **Jewelry Making Class**

Friday, November 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup>  
2:00 pm to 4:00 pm

- **Paint & Sip**

Friday, November 22<sup>nd</sup>  
2:00 pm to 4:00 pm

- **Game Night**

Friday, November 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>  
5:00 pm to 7:00 pm

- **Couponing 101 Workshop**

Thursday, November 21<sup>st</sup>  
1:30 pm to 3:30 pm

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

**KENNEDY**



- **Columbia University Irving Medical Center  
Brain Health Presentation**

**Tuesday, November 6<sup>th</sup>, 12:30 pm to 1:00 pm**

- **Closed Veterans Day**

**Monday, November 11<sup>th</sup>**

- **Welcare Presentation and Healthy Smoothie**

**Tuesday, November 12<sup>th</sup>, 11:00 pm to 12:00 pm**

- **Medicare “What is needed in 2025” Presentation**

**Wednesday, November 13<sup>th</sup>, 12:30 pm to 1:00 pm**

- **Flu Vaccine with Essen Health Care**

**Friday, November 15<sup>th</sup>, 10:00 am to 12:00 pm**

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

**KENNEDY**



**• Thanksgiving / Birthday Celebration**

**Tuesday, November 19<sup>th</sup>, 12:00 pm to 2:00 pm**

**• SNAP Presentation**

**Wednesday, November 20<sup>th</sup>, 12:30 pm to 1:00 pm**

**• Ohel's Older Adults Services  
Gratitude Presentation**

**Thursday, November 21<sup>st</sup>, 12:30 pm to 1:30 pm**

**• Nutrition Presentation**

**Tuesday, November 26<sup>th</sup>, 12:30 pm to 1:00 pm**

**• Closed Thanksgiving Holiday**

**Monday, November 28<sup>th</sup> & 29<sup>th</sup>**

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