

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Lunch Meals – Week of 9/23/2024

12:00 PM-1:30 PM

<p>Monday Curry Chickpea and Vegetable with Quinoa Spinach and Gorgonzola Salad with Raspberry Balsamic Vinaigrette Pineapple 1% Low Fat Milk</p>	<p>Tuesday Baked Chicken Quarters Yellow Rice Okra with Tomatoes Fruit Cocktail 1% Low Fat Milk</p>
<p>Wednesday Baked Pork Chops Baked Brown Rice Pilaf Arugula Salad with Balsamic Vinaigrette Apple 1% Low Fat Milk</p>	<p>Thursday Beef Meatloaf with Mushroom Gravy Roasted Potatoes Roasted Brussels Sprouts Banana 1% Low Fat Milk</p>
<p>Friday Baked Fish with Lemon Garlic Butter Sauce Wild Rice Honey Garlic Roasted Cauliflower Mandarin Oranges 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

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, Arugula Salad with Balsamic Vinaigrette, Apple, 1% Low Fat Milk

Nutrition Facts

Serving Size 1	
Amount Per Serving	
Calories	674
% Daily Value *	
Total Fat 28g	38%
Saturated Fat 7g	37%
Trans Fat 0g	0%
Cholesterol 110mg	37%
Sodium 186mg	8%
Carbohydrate 64g	22%
Dietary Fiber 5g	20%
Total Sugars 31g	
Includes Added Sugars 0g	0%
Protein 43g	
Vit. D 4ug 25% *	Calcium 377mg 30%
Iron 2mg 10% *	Potas 1164mg 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, Basic Pasta Salad, Balsamic Roasted Brussels Sprouts *, Banana, 1% Low Fat Milk

Nutrition Facts

Serving Size 1	
Amount Per Serving	
Calories	713
% Daily Value *	
Total Fat 25g	32%
Saturated Fat 8g	39%
Trans Fat 1g	0%
Cholesterol 130mg	44%
Sodium 352mg	16%
Carbohydrate 85g	31%
Dietary Fiber 12g	43%
Total Sugars 36g	
Includes Added Sugars 1g	1%
Protein 44g	
Vit. D 4ug 20% *	Calcium 413mg 30%
Iron 5mg 30% *	Potas 1705mg 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 Fish with Lemon Garlic Butter Sauce, Wild Rice, Honey Garlic Roasted Cauliflower *, Canned Mandarin Oranges *, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 605

% Daily Value *

Total Fat 9g 13%

Saturated Fat 3.5g 17%

Trans Fat 0g 0%

Cholesterol 150mg 51%

Sodium 304mg 14%

Carbohydrate 91g 33%

Dietary Fiber 7g 26%

Total Sugars 47g

Includes Added Sugars 8g 17%

Protein 46g

Vit. D 7ug 50% * Calcium 408mg 30%

Iron 4mg 15% * Potas 1372mg 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.











We hope you enjoy our meals – CHSCC Team.

WWW.CHSCC.ORG

212-926-4871

Easy Ways to ... Eat the Whole Plant

Reduce waste! Cook with all parts of fruits and vegetables.

Part of Plant	Fruit or Vegetable	Ways to Cook
Roots 	Celery root	Roast, mash or stew
Stems 	Asparagus, beets, broccoli, cauliflower, chard, collards, fennel, kale	Braise or sauté; use woody part of asparagus in soup stocks; use peeled broccoli and cauliflower stems in soups or stir-fries
Greens or Tops 	Beets, carrots, cauliflower, celery, fennel, kohlrabi, leeks, onions, radishes, turnips	Sauté, blend in green smoothies, flavor and garnish salads and soups
Flowers 	Arugula, chives, cilantro/coriander, dill, fennel, garlic scapes, lavender, mustard, zucchini	Sauté or add to a salad, use garlic scapes to make pesto
Seeds 	Pumpkin and other winter squashes	Roast and add spices and herbs for flavor
Peels 	Citrus (lime, lemon, orange), potato	Bake potato peels for snacks; use citrus for zest
Rinds 	Watermelon and other melons (cantaloupe, casaba, honeydew)	Shave outer peel and use in place of cucumber in salads
Cobs 	Corn	Simmer to make a stock

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 800-543-3009 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 Enjoy Fresh Greens



1. Buy

- ❖ Choose greens with crisp, bright leaves with no yellow or brown spots.

2. Store

- ❖ Before storing:
 - **Lettuce and salad greens:** Wrap leaves in a dry paper towel.
 - **Bunched greens with stems (kale, collard greens):** Chop off ends of stems and wrap ends in a damp paper towel.
 - **Herbs:** Wrap entire bunch in a slightly damp paper towel.
- ❖ Keep all greens in the refrigerator, unwashed, in a sealed plastic bag.



3. Wash

- ❖ Place greens in a bowl and cover with water.
- ❖ Shake greens under the water to loosen any dirt. Allow dirt to settle.
- ❖ Gently lift out greens and discard water. Repeat as needed.

4. Prepare

- ❖ Sauté onions and garlic in oil. Add leafy greens and cook until tender.
- ❖ Blend spinach or kale with frozen fruit to make a smoothie or with beans to make a delicious dip.
- ❖ Add chopped leafy greens to soups, stews and pasta sauces. Cook until tender.
- ❖ Add fruits, other vegetables, nuts or beans to raw chopped greens for a hearty salad.



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NYC
Health

Just Say Yes to Fruits and Vegetables

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Breakfast Meals – Week of 9/23/2024

9:00 AM-10:00 AM

Monday Boiled Eggs Pork or Turkey Sausage Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate	Tuesday Waffles Pork or Turkey Sausage Patties Fruit Oatmeal Coffee, Tea, or Hot Chocolate
Wednesday Grits Scrambled Eggs Pork or Turkey Bacon Fruit Oatmeal Coffee, Tea, or Hot Chocolate	Thursday English Muffin Beef Sausage Fruit Oatmeal Coffee, Tea, or Hot Chocolate
Friday Cold Cereal Biscuits Oatmeal Coffee, Tea, or Hot Chocolate	We hope you enjoy our meals – CHSCC Team.

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.



**SCAN BELOW TO VIEW THE
CHSCC NEWSLETTER**



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Memoir Writing Workshop**

Monday, September 9th ,16th & 23rd

2:30 pm to 3:30 pm

- **Paint & Sip**

Friday, September 6th & 20th

2:00 pm to 4:00 pm

- **Jewelry Making Class**

Friday, September 13th & 27th

2:00 pm to 4:00 pm

- **Game Night**

Friday, September 13th & 27th

5:00 pm to 7:00 pm

- **Couponing 101 Workshop**

Thursday, September 19th & 26th

1:30 pm to 3:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• National Senior Center /Birthday Celebration

Tuesday, September 17th, 12:00 pm to 2:00 pm

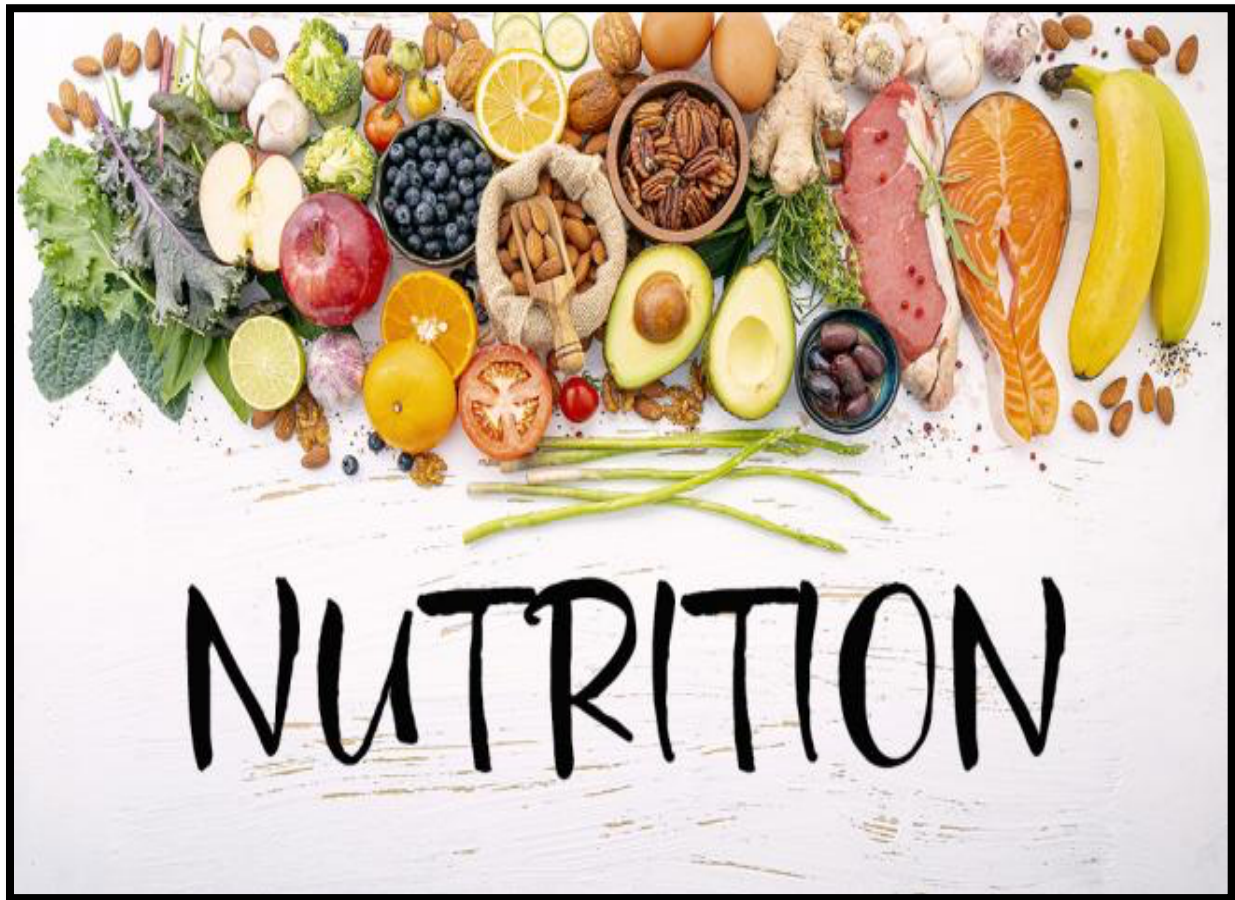
• Nutrition Presentation

Monday, September 23rd, 12:30 pm to 1:30 pm

• NYPD 32nd Self-defense Presentation

Tuesday, September 24th, 10:00 am to 11:30 am

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Presentation

**Monday, September 23rd
12:30 pm to 1:00 pm**

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



NYPD

New York City Police Department

32PCT CRIME PREVENTION



Tuesday, September 24th

10:00 am – 11:30 am

Dining Room