

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Lunch Meals – Week of 9/30/2024

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 Baked Lean Lamb Chops Roasted Red Potatoes Broccoli with Toasted Garlic Pears 1% Low Fat Milk</p>	<p>Thursday Smothered Turkey Wings Yellow Rice California Blend Vegetables Pineapple 1% Low Fat Milk</p>
<p>Friday Jerk Salmon Rice and Bean Cabbage 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%

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.

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Wednesday

Baked Lean Lamb Chops, Roasted Red Potatoes , Broccoli with Toasted Garlic, Canned Pears *, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 726

% Daily Value *

Total Fat 22g 28%

Saturated Fat 9g **44%**

Trans Fat 0g **0%**

Cholesterol 85mg 28%

Sodium 287mg 11%

Carbohydrate 94g 34%

Dietary Fiber 10g **37%**

Total Sugars 41g

Includes Added Sugars 0g **0%**

Protein 40g

Vit. D 3ug 15% * Calcium 415mg 30%

Iron 5mg 25% * Potas 1402mg 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, Yellow Rice, 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 Salmon, 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... Flavor Food Without Salt

Spices

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

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

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.

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

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.

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

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... Freeze Fruits and Vegetables

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

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Breakfast Meals – Week of 9/30/2024

9:00 AM-10:00 AM

Monday Waffles Pork or Turkey Bacon Fruit Oatmeal Coffee, Tea, or Hot Chocolate	Tuesday Home Fries Pork or Turkey Sausage Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate
Wednesday Grits Scrambled Eggs Pork or Turkey Sausage Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate	Thursday Croissant Pork or Turkey Bacon Fruit Oatmeal Coffee, Tea, or Hot Chocolate
Friday Cold Cereal Blueberry Muffin Yogurt 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, October 7th ,21st & 28th

2:30 pm to 3:30 pm

- **Jewelry Making Class**

Friday, October 4th , 11th & 18th

2:00 pm to 4:00 pm

- **Paint & Sip**

Friday, October 25th

2:00 pm to 4:00 pm

- **Game Night**

Friday, October 4th ,11th & 25th

5:00 pm to 7:00 pm

- **Couponing 101 Workshop**

Thursday, October 17th & 24th

1:30 pm to 3:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Columbia University Irving Medical Center**
Brain Health with Mayra Gonzalez
Tuesday, October 1st, 12:30 pm to 1:00 pm

- **M & T Bank**
Elder Abuse with Marilea Joyner
Tuesday, October 8th, 12:30 pm to 1:00 pm

- **Nutrition Presentation**
Wednesday, October 9th, 12:30 pm to 1:00 pm

- **Welcare Presentation and Bingo**
Thursday, October 10th, 12:30 pm to 4:40 pm
Presentation – 12:30 to 1:00 pm
Bingo with prizes and raffles – 2:00 pm to 4:40 pm

- **Closed Columbus Day**
Monday, October 14th

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• Medicare 101 Presentation

Tuesday, October 15th, 12:30 pm to 1:00 pm

• SNAP Presentation

Wednesday, October 16th, 12:30 pm to 1:00 pm

• Hispanic Heritage/Birthday Celebration

Tuesday, October 22nd, 12:00 pm to 2:00 pm

• New Medicare Changes Presentation

Tuesday, October 29th, 12:30 pm to 1:30 pm

**• Ohel's Older Adults Services
Mental Health Presentation**

Thursday, October 31st, 12:30 pm to 1:30 pm