

HENRY STREET SETTLEMENT

healthy senior select
MEALS ON WHEELS

265 Henry Street
N.Y, N.Y 10002
(212) 473-1474

**Suggested Contribution via cash
or check is \$1.50 per Meal**

Please make checks payable to:

HSS MOW

FEBRUARY REGULAR MONTHLY MENU



WHAT'S INSIDE:

- Calendar/ Monthly Menu
- February's Updates
- Games
- Nutritional Information
- MOW Survey

Allergy Disclaimer:

Henry Street Settlement Meals on Wheels makes every attempt to avoid scheduling menu items that may contain ingredients that could cause allergic reactions. Our caterer is required to conduct trainings on cross contamination; however there is always a risk. Items such as nuts, dairy and gluten are prepared in the same kitchen and unfortunately, there are no guarantees trace elements are not present. There is also a possibility that commercial food vendors could change the formula at any time without notice. Henry Street Settlement will not assume any liability for adverse reactions to food consumed or items one may come in contact with their delivery. Clients concerned with food allergies should be aware of these risks. Clients with specific food allergy concerns are encouraged to contact their

February 2024 REGULAR Menu

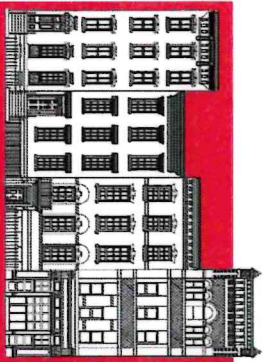
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday delivered on Thurs *Chilled*	Sunday RTE on Wednesday
Jan 29 Chicken with Stewed Tomatoes Brown Rice w/ Mushrooms Steamed Cabbage Apple	Jan 30 Baked Turkey Meatballs Spaghetti Steamed Green Beans Orange	Jan 31 Black Eyed Pea Masala Bulgur Sautéed Spinach Banana	1 BBQ Pork Chops Cous Cous Vegetable Blend Apple	2 Baked Fish w/ Garlic Sauce Spaghetti Boy Choy Orange	3 Lemony White Bean, Carrot, & Spinach Salad Quinoa Beet Salad Banana	4 Ready to Eat: 7th day Citymeal
5 Turkey Meatloaf w/ Mushroom Gravy Egg Barley Steamed Green Beans Apple	6 Pork Loin w/ Prunes & Apricots Cous Cous Steamed Spinach Orange	7 Lo Mein with Chickpeas Vegetable Blend Banana	8 Baked Chicken Rice Pilaf Collard Greens Apple	9 Baked Ziti w/ Cheese Vegetable Blend Orange	10 Tuna Fish Salad Pasta Cucumber Dill Salad Banana	11 Ready to Eat: 7th day Citymeal
12 Chicken Parmesan Tomato Sauce Steamed Spinach Apple	13 Beef & Broccoli White Rice Steamed Carrots Orange	14 Kidney Bean & Vegetable Stew Brown Rice Mustard Green Banana	16 Turkey Burger w/ Bun Green Beans Apple	16 Fish w/ Creole Sauce Egg Noodle Sautéed Zucchini Orange	17 Chicken Salad Quinoa Beet Salad Banana	18 Ready to Eat: 7th day Citymeal
19 BBQ Pulled Pork Yellow Rice Steamed Kale Apple	20 Turkey Meatloaf w/ Mushroom Gravy Quinoa Steamed Broccoli Orange	21 Stew Beans Brown Rice Steamed Green Banana	22 BBQ Chicken Cornbread Collard Greens Apple	23 Macaroni & Cheese Vegetable Blend Orange	24 Tuna Fish Salad Asian Cucumber Salad Banana	25 Ready to Eat: 7th day Citymeal
26 Minced Pork with Peas Spaghetti Vegetable Blend Apple	27 Garlic Chicken Brown Rice Boy Choy Orange	28 Lentil Stew w/ Carrots & Turnips Bulgur Steamed Broccoli Banana	29 Turkey with Gravy Stuffing Collard Greens Apple	March 1 Lemon Pepper Fish Orzo Sautéed Zucchini Orange	March 2 Chickpea Salad with Dill Couscous Sautéed Zucchini Orange	March 3 Ready to Eat: 7th day Citymeal

PLEASE NOTE : Sunday's meals has transitioned to the Shelf Stable Meals. At this time, alternates are limited.

The menu is subject to change without prior notice.

HSS MOW will be CLOSED on Monday, February 19th.





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FEBRUARY

KOSHER



MONTHLY MENU

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February 2024 KOSHER Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday delivered on Thurs *Chilled*	Sunday delivered on Wednesday
Jan 29 Salmon Burger Bowtie Pasta w/ Kasha Zucchini w/ Garlic Kiwis	Jan 30 Chicken & Broccoli Stir Fry Sweet Potatoes Steamed Broccoli Banana	Jan 31 Breaded Fish Fillet Orzo Vegetable Blend Orange	1 Beef Salisbury Steak w/ Mushroom Sauce Steamed Spinach Vegetable Mix Apple	2 Sesame Chicken Brown Rice Vegetable Blend Kiwis	3 Turkey Meatloaf Broccoli w/ Garlic Potato Kugel Orange	4 Ready to Eat: 7th day Citymeal
5 Baked Fish w/ Sweet & Sour Sauce Egg Barley w/ Mushrooms Carrots w/ Parsley Kiwis	6 Chicken Cacciatore Brown Rice Cabbage w/ Eggs Banana	7 Beef Meatballs in Tomato Sauce Orzo Vegetable Blend Orange	8 Vegan Sesame Chicken Nuggets Mashed Potatoes Zucchini Garlic Sauce Apple	9 Hawaiian Chicken Rice Carrots & Green Beans Kiwis	10 Gefilte Fish Potato Kugel Carrot Tzimmes Orange	11 Ready to Eat: 7th day Citymeal
12 Baked Fish w/ Lemon Garlic Butter Sauce Egg Barley w/ Mushrooms Zucchini Garlic Sauce Kiwis	13 Breaded Chicken Sweet Potatoes Cabbage w/ Eggs Banana	14 Salmon Burger Kasha Spinach Orange	15 Chicken Cutlet Brown Rice Vegetable Mix Apple	16 Baked Honey Chicken Chicken Challah Bread Home Fries Vegetable Blend Kiwis	17 Baked Ziti Vegetable Blend Orange	18 Ready to Eat: 7th day Citymeal
19 Lemon Salmon Broccoli w/ Toasted Garlic Red Potatoes Kiwis	20 Chicken Gumbo Brown Rice Vegetable Blend Banana	21 Veggie Burger Corn Niblets Orzo Sautéed Spinach Orange	22 Chicken Patty Zucchini Garlic Sauce Apple	23 Salisbury Steak w/ Mushroom Sauce Orzo Carrots & Green Beans Kiwis	24 Gefilte Fish Potato Kugel Carrots Tzimmes Orange	25 Ready to Eat: 7th day Citymeal
26 Baked Fish Vege Couscous Zucchini Garlic Sauce Kiwis	27 Turkey Bean Chili Brown Rice Vegetable Blend Apple	28 Tofu Stuffed Peppers Bowtie Pasta w/ Kasha Vegetable Blend Banana	29 Honey Mustard Chicken Drumstick White Rice Vegetable Mix Orange	March 1 Fish Fillets Orzo Cabbage w/ Eggs Kiwis	March 2 Beef Sloppy Joe Pasta Green Beans Orange	March 3 Ready to Eat: 7th day Citymeal

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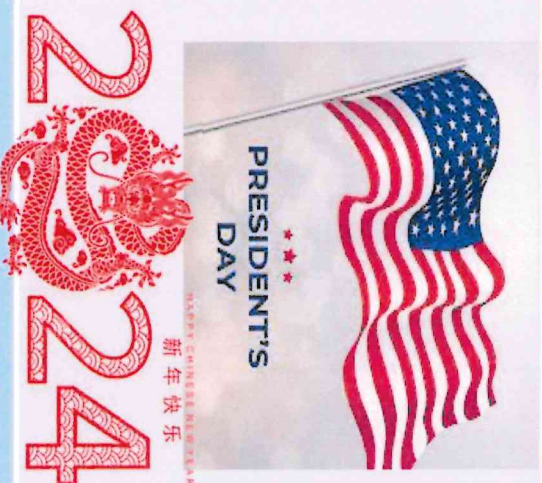
FEBRUARY *Catering* MONTHLY MENU

Catering



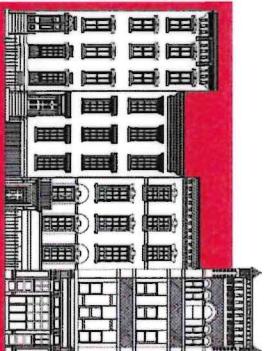
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February 2024 *Latin Cuisine* Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday delivered on <i>Thurs</i>	Sunday delivered on Wednesday
Jan 29	Jan 30	Jan 31	1	2	3	4
Baked Turkey Meatballs Spaghetti Green Beans Apple	Pernil (Roasted Pork Shoulder) Rice & Beans Steamed Carrots Orange	Lentil Chili Bulgur Steamed Spinach Banana	Chicken w/ Potatoes and Garlic Steamed Kale Apple	Lemon Pepper Fish Cous Cous Okra w/ Tomatoes Orange	Chicken Salad Carrot Salad Banana	<i>Ready to Eat: 7th day Citymeal</i>
5	6	7	8	9	10	11
Turkey Meatloaf w/ Mushroom Gravy Brown Rice Broccoli & Red Pepper Apple	Arroz con Pollo Kale w/ Tomato Orange	Carrot, Chickpea & Cauliflower Stew Yellow Rice Vegetable Blend Banana	Chicken with Stewed Tomatoes Arroz con Gandules Steamed Spinach Apple	Lemon Pepper Fish Whole Wheat Couscous Steamed Carrots Orange	Turkey Salad Macaroni Salad Beet Salad Banana	<i>Ready to Eat: 7th day Citymeal</i>
12	13	14	15	16	17	18
Chicken with Stewed Tomatoes Yellow Rice & Pigeon Peas Normandy Blend Apple	Turkey Stew Cous Cous Steamed Spinach Orange	Stewed Pink Beans Brown Rice Steamed Broccoli Banana	Stewed Pork Chops Mashed Potatoes Steamed Green Beans Apple	Stewed CodFish Kale w/ Tomato Yuca w/ Onions Orange	Chicken Potato Salad Baby Carrots & Parsley Banana	<i>Ready to Eat: 7th day Citymeal</i>
19	20	21	22	23	24	25
Baked Chicken Pasta Steamed Kale Apple	Pork Loin w/ Prunes & Apricots Sweet Potatos Steamed Green Beans Orange	Three Bean Stew Bulgur Steamed Broccoli Banana	Turkey Meatloaf w/ Mushroom Gravy Mashed Potatoes Steamed Carrots Apple	Baked Fish Rice & Beans Vegetable Mix Orange	Egg Salad Couscous Carrot Salad Banana	<i>Ready to Eat: 7th day Citymeal</i>
26	27	28	29	March 1	March 2	March 3
Roast Pork Rice & Beans Steamed Green Beans Green Beans	Arroz con Pollo Vegetable Blend Orange	Coconut Lentil Stew Bulgur Steamed Kale Banana	Squash w/ Turkey Yellow Rice Steamed Zucchini Apple	Bakaed Fish Polenta Steamed Spinach Orange	Curried Chicken Salad Couscous Green Bean Salad Banana	<i>Ready to Eat: 7th day CityMeal</i>

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Personal de HSSMOW

Atentamente,

Adjunto encontrará el menú *latino* mensual.

Henry Street Settlement Meals on Wheels está listo para comenzar nuestra entrega de comida cultural! Recibe esta carta porque ha elegido recibir comidas latinas. Como destinatario de comidas latinas, tenga en cuenta que no hay alternativas ni sustituciones para este menú, solo podemos brindarle la comida programada para el día. Tenga en cuenta que puede tomar hasta 30 días para cambiar a otra opción de menú.

Estimado participante de Meals on Wheels,



HSSMOW Staff

Sincerely,

Enclosed you will find your monthly *Latin* menu.

Henry Street Settlement Meals on Wheels is ready to start our cultural meal delivery! You are receiving this letter because you have chosen to receive Latin meals. As a recipient of Latin meals please note there are no alternates or substitutions for this menu, we are only able to provide you the meal that is scheduled for the day. Please note it may take up to 30 days to switch to another menu option.

Dear valued Meals on Wheels Participant,



FEBRUARY Asian MONTHLY MENU

Asian



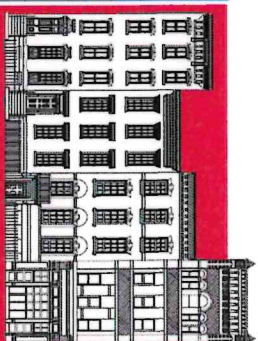
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February 2024 Asian Cuisine Menu

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Jan 29 Sweet & Sour Pork Chop White Rice Brussel Sprouts Apple	Jan 30 General Tso's Chicken White Rice Sautéed Spinach Orange	Jan 31 Whole Wheat Noodle w/ Peanut Sauce Bok Choy Banana	1 Chicken w/ Black Bean Sauce White Rice Garlic Snap Peas Apple	2 Baked Teriyaki Fish White Rice Vegetable Blend Orange	3 Minced Pork w/ Peas White Rice Green Beans Banana	4 Ready to Eat: 7th day CityMeal
5 Chicken with Oyster Sauce White Rice Broccoli & Red Pepper Apple	6 Sweet & Sour Pork with Pineapple White Rice Vegetable Blend Orange	7 Vegetarian Delight White Rice Steamed Green Beans Banana	8 Teriyaki Chicken White Rice Brussel Sprouts Apple	9 Baked Fish w/ Garlic Sauce White Rice Sautéed Spinach Orange	10 Chinese Style Pork White Rice Mustard Green Banana	11 Ready to Eat: 7th day CityMeal
12 Chicken Meatballs White Rice Vegetable Blend Apple	13 Teriyaki Fish White Rice Normandy Blend Orange	14 Tofu & Vegetable Fried Brown Rice Vegetable Blend Banana	15 Minced Pork with Peas White Rice Sautéed Spinach Apple	16 Baked Fish w/ Black Bean Sauce Kimchi Fried Rice Green Squash Orange	17 Soy Sauce Chicken White Rice Steam Green Squash Orange	18 Ready to Eat: 7th day CityMeal
19 Chicken w/ Tangy Tomato Sauce White Rice Green Beans Apple	20 Beef & Beans White Rice Brussel Sprouts Orange	21 Vegetarian Delight White Rice Steamed Carrots Banana	22 Stir Fry Chicken w/ Vegetables White Rice Steamed Spinach Apple	23 Fish w/ Cilantro White Rice Broccoli & Red Peppers Orange	24 Teriyaki Chicken Spaghetti Mustard Green Banana	25 Ready to Eat: 7th day CityMeal
26 Sweet & Sour Pork Chop White Rice Brussel Sprouts Apple	27 General Tso's Chicken White Rice Sautéed Spinach Orange	28 Whole Wheat Noodle w/ Peanut Sauce Bok Choy Banana	29 Chicken w/ Black Bean Sauce White Rice Garlic Snap Peas Apple	March 1 Baked Teriyaki Fish White Rice Vegetable Blend Orange	March 2 Minced Pork w/ Peas White Rice Green Beans Banana	March 3 Ready to Eat: 7th day CityMeal

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HSSMOW 工作人员敬上

随函附上您将找到您每月的拉丁特色餐单。

Henry Street Settlement Meals on Wheels 计划准备开始我们的不同文化特色餐配送！你会收到这份信件是因为你选择了接受拉丁特色餐配送。作为拉丁特色餐点的接受者，请注意并没有备用或替代的餐单可供选择。我们只能为你提供当天计划好的餐点。请注意更换到其它餐单选项需要最多 30 天的时间。

亲爱的尊贵 Meals on Wheels 计划参加者，



HSSMOW Staff

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