

Lunch Menu-January 2010

MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES
4 Orange Juice Beef Stew Potato & Carrots White Rice Lettuce Tomato Fresh Grapes	5 Vegetable Soup Oven Fried Chicken Macaroni & Cheese Raisin Carrot Salad Orange Slices	6 Pineapple Juice Breaded Pork Chop Red Beans w/Rice Collard Greens Apple Sauce	7 Apple Juice Baked Chicken French Style Green Beans Yucca/Onions Fruited Jell-O	8 Blended Juice Stewed Bacalao Yellow Rice Stew Pink Beans Lettuce & Tomato Flan
11 Barley Soup Baked Ziti W/Meat Lettuce/Tomato Salad Spinach Fresh Tangerines	12 Apple Juice Stew Chicken White Rice Italian Vegetables Fresh Pears	13 Blended Juice Stew Oxtail Yellow Rice Yellow Plantains Garden Salad Fresh Grapes	14 Orange Juice Meat Balls in Tomato Sauce Spaghetti Italian Vegetables Pineapple Slices	15 Vegetable Soup Baked Fish in Creole Sauce Roasted Potato Whole Green Beans Fresh Apple
18 Center Closed Martin Luther King Celebration	19 Orange Juice BBQ Ribs Baked Potato Broccoli Fruit Cup	20 Vegetable Soup Fish in Lemon Butter Sauce Chick Pea w/Onion Salad Baked Yams in Skin Fresh Apple	21 Apple Juice Sesame Chicken Chinese Lomain Stir Fry Vegetables Sliced Peaches	22 Blended Juice BBQ Chicken Peas and Rice Tomato & Cucumber Salad Fresh Orange
25 Apple Juice Salisbury Steak Buttered Egg Noodles Carrots Apple Sauce	26 Orange Juice Stew Chicken Yellow Rice Collard Greens Fresh Apple	27 Chicken Soup Spinach Cheese Lasagna Italian Vegetables Chick Pea w/Onion Salad Fresh Orange	28 Grape Juice BBQ Ribs Fried Rice Broccoli Sliced Peaches	29 Blended Juice Sancocho/Chicken Beef White Rice String/Beans/Diced Red Peppers Fresh Pears

Let's learn English!

Come visit us on Wednesdays & Thursdays for our English Classes. From 9:00am to 11:00am. It's Free!!!

Venga y visitémos los Miércoles y Jueves para aprender Inglés. De 9:00 am a 11:00 am. Es Gratis!!!

Issues of Interest

Aids Center of Queens County (ACQC) is offering free HIV testing at our Center. All testing is completely confidential. Call for more information.

ACQC ofrece gratis exámenes del Sida en nuestro centro. Todo examen es completamente confidencial. Llámenos para más información.

Boro Medical will be offering their services at our center again in 2010. Free Health Screenings, Cholesterol-Sugar testing-Blood Pressure

Boro Medical ofrecerá sus servicios nuevamente en nuestro centro para el 2010. Exámenes preventivos de salud tales como el colesterol, prueba de azúcar, presión arterial.

Alerta sobre el tiempo de Frio

*Use un sombrero, capilla de la bufanda, pues la mayoría del calor se pierde a través de la cabeza.

*Vista en capas de ropa, más bien en vez de un solo artículo de ropa, para proporcionar un aislamiento mejor del frío.

*Mantenga su ropa seca. Si las ropa llega a mojarse mientras esta afuera, cambiase a ropa seca cuanto antes.

*Beber alcohol aumenta el riesgo de la hypotermia y de la congelación.

Cold Weather Safety Alert

*Wear a hat, hood of scarf, as most heat is lost through the head.

*Dress warmly in layers of clothing, rather than a single outerwear item, to provide better insulation from the cold.

*Keep clothing dry. If clothes become wet while outside, change into dry clothes as soon as possible.

*Drinking alcohol increases the risk of hypothermia and frostbite.

Precauciones a tomar en el interior durante el tiempo frío :

*Asegure todo el combustible del equipo de calefacción en el hogar (hornos, calderas, calentadores de agua y secadoras de ropas) esten operando correctamente, ventilado y examinado regularmente por un profesional para evitar el envenenamiento de monóxido de carbono no intencionalmente.

*Mantenga el material combustible (los muebles, cortinas y alfombrado) por lo menos tres pies de una fuente de calor.

*El horno y las hornillas del gas nunca se debe utilizar en el hogar en lugar de la calefacción central o de los calentadores portables.

*Los calentadores de combustible portable son ilegales para el uso en el hogar en la ciudad de Nueva York.

Indoor precautions to take during the cold weather season:

*Ensure all fuel-burning equipment in the home (furnaces, boilers, hot water heaters and clothes dryers) is operating properly, ventilated and regularly inspected by a professional to avoid unintentional carbon monoxide poisoning.

*Keep combustible material (furniture, drapes and carpeting) at least three feet from a heat source.

*Gas oven and burners should never be used in the home in place of central heating or portable heaters.

*Portable fuel burning heaters are illegal for indoor use in New York City; Use only equipment that is approved for indoor use.

Please note that milk (whole/1%) and margarine is served with every meal.