



Project FIND Clinton Senior Center
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Lunch Menu

Dec. 2018

Lunch is served Monday - Friday, 12:00 - 1:00 PM
 Bread, Milk, and Coffee or Tea Served Daily

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Funded Under Contract with the NYC Department for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Vegetable Lasagna Baby Carrots with Parsley Steamed Cauliflower Orange	Pork Spare Ribs Rice Pilaf Brussel Sprouts Apple	Chicken Cacciatore Baked Sweet Potato Broccoli and Red Peppers Pear	Lemon Pepper Tilapia Brown Rice California Blend Vegetables Banana	Chicken Jambalaya Kale with Tomato Steamed Corn on the Cob Sliced Canned Peaches Cake & Ice Cream Monthly Birthday Party 
10	11	12	13	14
Ginger Sherry Pork Chops Garlic and Rosemary Potatoes Sautéed Mustard Greens Orange	Curried Chicken Leg Rice with Chickpeas Brussel Sprouts and Kale Sauté Apple	Salmon in Garlic Butter Sauce Baked Macaroni and Cheese Beet Salad Honeydew	Chinese Style Pepper Steak Brown Rice Sautéed Bok Choy Peach	Baked Catfish with Cream Sauce Egg Noodles Broccoli and Red Peppers Kiwi
17	18	19	20	21
Beef Pepper Steak Yellow Rice Kale with Tomato Cantaloupe	Baked Ziti with Cheese Brussel Sprouts Apple	BBQ Pork Chops Cabbage with Shredded Carrots Steamed Corn on the Cob Sliced Canned Peaches	Eggplant Parmesan Couscous Broccoli and Red Peppers Pear	Pork Loin Alt: Baked Salmon Spanish Rice & Beans California Blend Kiwi Cake & Ice Cream Holiday Party 
24	25	26	27	28
Curried Chicken Leg Couscous Steamed Red or Green Cabbage Banana	Center Closed  Open Coffeehouse	Beef and Broccoli Yellow Rice Kale with Tomato Cantaloupe	Chicken Parmesan Broccoli and Red Potatoes O'Brien Potatoes Pear	Turkey Leg Normandy Blend Sweet Baked Yams Apple Cake & Ice Cream Multicultural Celebration 
31				
Stewed Pork Chops Italian Cut Green Beans Sweet Baked Yams Banana				