



Project FIND Clinton Senior Center
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Lunch Menu

January 2019

Lunch is served Monday to Friday from 12:00 PM to 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
	1 Center Closed  <i>All centers are closed</i>	2 Sofrito Steak White Rice Oriental Blend Grapefruit	3 Oven Fried Chicken Leg or Breast Homemade Mashed Potatoes Mixed Green Salad Tangerine	4 Salmon in Garlic Butter Sauce Bowtie Pasta Steamed Broccoli Orange Cake & Ice Cream Happy New Year Party 
7 Baked Chicken Thighs Pasta Garlicky Boiled Vegetables Orange	8 Chili Con Carne Brown Rice California Blend Vegetables Tangerine	9 Baked Pork Yellow Rice and Pigeon Peas Sautéed Spinach Grapefruit	10 Beef Meatballs with Sofrito Whole Wheat Spaghetti Baby Carrots with Parsley Cantaloupe	11 Baked Basa Fish Fillets Rice with Corn Sautéed Asparagus Orange Cake & Ice Cream Winter Wonderland Party 
14 Baked Ziti with Beef Meatballs Italian Blend Orange	15 Pork Tenderloin with Zesty Cilantro Sauce White Rice Cauliflower with Carrots and Parsley Banana	16 Garlic Chicken Cutlet Baked Potatoes Broccoli and Red Pepper Salad Apple	17 Beef and Pepper Pasta California Blend Vegetables Grapefruit	18 Baked Tilapia Fish with Garlic Sauce Penne Broccoli with Toasted Garlic Tangerine
21 Turkey Leg Mashed Sweet Potatoes Steamed Cauliflower Orange	22 Basic Shepherd's Pie Cucumber Salad Grapefruit	23 Center Closed  <i>Center Open Woodstock & Hamilton</i>	24 Oven Fried Chicken Leg and Breast Baked Macaroni and Cheese Steamed Kale Cantaloupe	25 Stewed Codfish Corn Stewed Okra and Tomatoes Apple Cake & Ice Cream Monthly B-Day Bash 
28 Baked Asian Style Honey Chicken Brown Rice Asian Cabbage Pear	29 Breaded Pork Loin Egg Noodles Romaine, Carrot, Beet and Chickpea Salad Orange	30 Beef and Broccoli White Rice Mixed Green Salad Strawberries	31 Stuffed Peppers with Turkey O'Brien Potatoes Boiled Southern Greens Nectarine	