



Project FIND Clinton Senior Center
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Lunch Menu

February 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
				Baked Salmon with Cilantro Citrus Sauce Pasta Salad Sautéed Bok Choy with Garlic Orange
4	5	6	7	8
Baked Breaded Pork Chops O'Brien Potatoes Steamed Broccoli Banana	BBQ Beef Ribs Yellow Rice Baby Spinach Salad Orange Happy Chinese New Year!	Jumbo Stuffed Shells with Meat Sauce Normandy Blend Banana	Chicken and Broccoli Stir Fry White Rice Steamed Broccoli Orange	Baked Salmon Fettuccini with Sauce Carrots Cantaloupe Cake Happy Chinese New Year Celebration 12:30-2:30 
11	12	13	14	15
Spanish Style Beef Stew Rice Pilaf California Blend Vegetables Banana	Baked Tilapia with Garlic Sauce Baked Potatoes Broccoli and Red Peppers Orange	Sofrito Steak White Rice Oriental Blend Grapefruit	Oven Fried Chicken Homemade Mashed Potatoes Mixed Green Salad Tangerine Cake & Ice Cream  Valentines Day Party 12:30-2:30	Center Closed  Open Coffeehouse Hamilton
18	19	20	21	22
Baked Chicken Thighs Pasta Garlicky Boiled Vegetables Orange	Center Closed  Open Coffeehouse Hamilton	Baked Pork Yellow Rice and Pigeon Peas Sautéed Spinach Grapefruit	Beef Meatballs with Sofrito Whole Wheat Spaghetti Baby Carrots with Parsley Cantaloupe	Baked Catfish Fillets Rice and Corn Sautéed Asparagus Orange Cake & Ice Cream  Monthly B-Day Celebration 12:30-2:30
25	26	27	28	
Baked Ziti with Beef Meatballs Italian Blend Vegetables Orange	Pork Tenderloin with Zesty Cilantro Sauce White Rice Cauliflower with Carrots and Parsley Banana	Garlic Chicken Cutlet Baked Potatoes Broccoli and Red Pepper Salad Apple	Beef and Pepper Pasta California Blend Vegetables Grapefruit	