



Project FIND Clinton Senior Center
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Lunch Menu

May 2019

Lunch is served Monday to 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
		1	2	3
		Turkey Leg Wild Rice Chinese Style Bok Choy Banana	Rosemary Chicken Egg Noodles Broccoli and Red Pepper Salad Apple	Pineapple Glazed Salmon Barley Caesar Salad Sautéed String Beans
6	7	8	9	10
Citrus Marinated Chicken Breast Fettuccini w/ Sauce Steamed Kale Orange	Beef Meatloaf w/Mushroom Gravy Orzo w/ Vegetables Brussel Sprouts Plum	Turkey Meatballs Spaghetti Sautéed String Beans Cantaloupe	Pork Tenderloin w/Zesty Cilantro Sauce Baked Macaroni and Cheese Steamed Red or Green Cabbage Kiwi	Lemon Salmon White Rice Roasted Potatoes and Vegetables Banana Cupcakes  Party 12:30-2:30
13	14	15	16	17
Chili Con Carne Brown Rice California Blend Vegetables Apple	Baked Mushroom Chicken Pasta Sautéed Spinach Orange	Baked Breaded Pork Chops Yellow Rice and Pigeon Peas Steamed Peas and Carrots Grapefruit	Turkey w/Gravy Garlic Mashed Potatoes Steamed Broccoli Banana	Baked Flounder w/Garlic Sauce Rice and Beans Braised Collard Greens Orange
20	21	22	23	24
Beef Meatballs in Tomato Sauce Pasta Baby Carrots w/Parsley Pear	Chicken Cacciatore Yellow Rice Capri Blend Vegetables Tangerine	Baked Pork Baked Sweet Potato Sautéed Spinach Strawberries	Turkey Bean Chili White Rice Steamed Red or Green Cabbage Banana	Baked Salmon w/Lemon Tarragon and Thyme Smashed Red Potatoes Brussel Sprouts Orange  Party 12:30-2:30
27	28	29	30	31
CENTER CLOSED  Open Coffeehouse, Hamilton	Chicken Parmesan Spaghetti Steamed Spinach Orange	Pork Tenderloin w/Zesty Cilantro Sauce Rice With Corn Cauliflower w/Carrots and Parsley Cantaloupe	Baked Turkey Breast Mashed Sweet Potatoes Steamed Kale Orange	Baked Tilapia Wild Rice Vegetable Mix Banana