



Project FIND Clinton Senior Center  
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# Lunch Menu

## September 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
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Oven Fried Chicken Baked Macaroni and Cheese Normandy Blend Honeydew	CENTER CLOSED  <b>Open Coffeehouse and Hamilton</b>	Vegetable Lasagna Alt: Baked Tilapia Bowtie Pasta Italian Cut Greens Beans Apple	Chicken Salad Simple Potato Salad Arugula Salad with Balsamic Vinegar Canataloupe	Baked Flounder Rice with Corn Mixed Green Salad Tangerine
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Chicken Parmesan Steamed Spinach Grapefruit	stuffed Peppers with Turkey Alt: Baked Tilapia Cous Cous Stir Fry Kale and Broccoli Banana	Chinese Style Pepper Steak Alt: Baked Breaded Fish Chinese Style Spaghetti Chinese Style Bok Choy Orange	Curried Chicken Legs Perfect White Rice Normandy Blend Cantaloupe	Oven Fried Tilapia Barley Baby Spinach Salad Peach  <b>Fashion Show 12:30-2:30</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Garlic Chicken Yellow Rice Capri Blend Vegetables Cantaloupe	Homemade Turkey Burger Alt: Baked Breaded Fish O'Brien Potatoes Raw Broccoli Salad Orange	Smothered Pork Chops Alt: Baked Salmon Cous Cous Braised Collard Greens Banana	Tuna Fish Salad Pasta with Sweet Peas Garden Salad Watermelon	Baked Salmon with Lemon, Tarragon and Thyme Rice with Vegetables California Blend Vegetables Grapefruit
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Beef Lasagna Cucumber Salad Orange	Apricot-Glazed Pork Chops Alt: Baked Breaded Fish Baked Potatoes Baby Spinach Salad Banana	General Tso's Chicken Baked Brown Rice Pilaf Steamed Cauliflower Peach	BBQ Beef Ribs Alt: Baked Salmon Classic Macaroni Salad Baby Carrots with Parsley Watermelon	Lemon Pepper Tilapia Fettucini with Sauce Capri Blend Vegetable Grapefruit Cake  <b>Monthly B-Day Bash 12:30-2:30</b>
<b>30</b>				
Stuffed Shells with Cheese Baby Carrots with Parsley Sauteed Zucchini Pear				

