Project FIND Clinton Senior Center
530 West 55th Street
New York, NY 10019
212-757.2026 Fax: 212.586.7992
E-mail:tsimmons@projectfind.org

Lunch Menu

March 2020

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

Visit our Website at www.projectfind.org
Follow us at https://twitter.com/FINDaid
Like us at http://facebook.com/projectfind

Funded Under Contract with the NYC Department for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
Jerk Chicken Black Beans and Rice Okra Orange	Grilled Maple Chipotle Pork Chops Alt: Baked Breaded Fish Baked Macaroni and Cheese Braised Collard Greens Orange Pineapple Juice	Vegetarian Lasagna Normandy Blend Banana	Beef Stew Alt: Baked Breaded Fish Spiced Sweet Potatoes Mixed Green Salad Orange Juice	Citrus Sesame Crusted Salmon Barley Steamed Broccoli Apple
9	**10**	**11**	**12**	**13**
Chicken Cacciatore Rice and Corn Brussel Sprouts Apple Apple Juice	Shephreds Pie with Beef&Turkey Alt: Baked Breaded Fish Italain Cut Green Beans Banana	Chicken Breast with Mushrooms and Peppers Barley Baby Carrots with Parsley Canned Pineapple	BBQ Boneless Beef Ribs Alt: Baked Tilapia Brown Rice with Pigeon Peas Capri Blend Vegtables Canned Apricots Orange Pineapple Juice	Baked Tilapia with Garlic Crumb Crust Bowtie Pasta Green Bean Sautee Orange Cupcake
16	**17**	**18**	**19**	**20**
Baked Asian Style Honey Chicken White Rice Chinese Style Bok Choy Apple Orange Pineapple Juice	Beef and Pepper Pasta Alt: Baked Breaded Fish Normandy Blend Canned Apricots	Cheese Ravioli Baby Carrots with Parsley Apple Juice Banana	Baked Breaded Chicken Cutlet Baked Red Potato Wedges Kale and Lemon Sliced Canned Peaches	Baked Salmon with Lemon Tarragon and Tyme Egg Noodles California Blend Vegetables Banana
23	**24**	**25**	**26**	**27**
Apricot-Glazed Pork Chops Alt: Baked Breaded Fish Rice and Beans Satueed String Beans Orange	Oven Fried Chicken O'Brien Potatoes Collard Greens Canned Apricots Pineapple Juice	Baked Ziti with Meat Sauce Alt: Baked Breaded Fish Roasted Brussel Sprouts Orange Pineapple Juice Plum	Baked Breaded Fish Mashed Sweet Potatoes Baby Carrots with Parsley Peach	BBQ Beef Ribs Alt: Baked Tilapia Baked Potatoes Broccoli and Red Peppers Amborsia Fruit Salad Cake ***Monthly B-Day Bash 12:30-2:30***
30	**31**			
Stuffed Cabbage with Beef Alt: Baked Breaded Fish Baby Carrots with Parsley Orange	BBQ Chicken Leg Quarters Baked Macaroni and Cheese Baby Spinach Salad Banana			