



Project FIND Coffeehouse Senior Center
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Lunch Menu

Lunch is served Monday - Friday from 12pm - 1:30pm
 Milk and Bread Served with Meal

December 18

Funded Under Contract with the NYC Department for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chili Con Carne White Rice Garden Salad Orange	4 BBQ Chicken Leg Quarters Baby Spinach Salad Corn and Red Peppers Honeydew	5 Homemade Hamburger Alt: Homemade Turkey Burger French Fries Steamed Broccoli and Cauliflower Apple	6 Oven Fried Chicken Baked Macaroni and Cheese Braised Collard Greens Canned Mandarins	7 Spinach Stuffed Flounder Pasta California Blend Vegetables Banana
10 Homemade Veal Burger Baked Potatoes Steamed Kale Apple	11 Jumbo Stuffed Shells w/ Meat Sauce Mixed Vegetables Honeydew	12 Italian Roasted Pork Tenderloin Bowtie Pasta Italian Blend Vegetables Tangerine	13 Oven Fried Chicken Yellow Rice Baby Carrots w/ Parsley Pear	14 Lemon Salmon Baked Sweet Potato Steamed Broccoli Orange
17 Beef Pepper Steak White Rice Steamed Broccoli Orange	18 Baked Asian Style Honey Chicken Braised Collard Greens Red Bliss Potatoes Pear	19 Beef Meatballs in Tomato Sauce Spaghetti Baby Carrots w/ Parsley Banana	20 Baked Chicken Quarters Bowtie Pasta Steamed Green Beans Canned Mandarins	21 Baked Tilapia Steamed Broccoli and Cauliflower Sweet Baked Yams Apple
24 Beef and Broccoli White Rice Baby Carrots w/ Parsley Sliced Canned Peaches	25 Turkey Or Ham Stuffing and Mashed Potatoes Yams and String Beans Apple Juice and Apple Pie	26 Closed For Christmas All Other Centers Open	27 BBQ Chicken Leg Quarters Baked Potatoes Steamed Green Beans Apple	28 Salmon in Garlic Butter Sauce Bowtie Pasta Collard Greens Canned Pineapples
31 Chili Con Carne White Rice Garden Salad Orange				