



Project FIND Coffeehouse Senior Center
 331 W 42nd Street (btw 8th & 9th Ave)
 New York, New York 10036
 Phone: (646) 545-4624 | Fax: (646) 532-2421
 Email: abrown@projectfind.org
cperez@projectfind.org

Lunch Menu

January 19

Lunch is served Monday - Friday from 12:00pm - 1:30pm
 Milk and Bread Served with Meal

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Funded Under Contract with the NYC Department for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Center Closed	2 BBQ Pulled Pork French Fries Cole Slaw Hamburger Bun Apple	3 Oven Fried Chicken Baked Macaroni and Cheese Braised Collard Greens Canned Mandarins	4 Spinach Stuffed Flounder Yellow Rice California Blend Vegetables Banana
7 Beef Pepper Steak White Rice Steamed Broccoli Orange	8 Baked Asian Style Honey Chicken Braised Collard Greens Red Bliss Potatoes Pear	9 Beef Meatballs in Tomato Sauce Spaghetti Winter Blend Vegetables Canned Apricots	10 Baked Chicken Quarters Steamed Broccoli & Cauliflower Sweet Baked Yams Canned Mandarins	11 Coconut Curried Cod Fish Yellow Rice and Pigeon Peas Steamed Green Beans Apple
14 Stewed Pork Chops Alt: Baked Tilapia Homemade Mashed Potatoes Sautéed Zucchini Apple	15 Orange Glazed Chicken Breast Penne Sautéed Asparagus Canned Apricots	16 BBQ Beef Ribs Alt: Pork Spare Ribs Baked Sweet Potato Sautéed Broccoli w/ Mushrooms and Pearl Onions Pear	17 Sesame Chicken White Rice Steamed Green Beans Canned Mandarins	18 Baked Fish w/ Cream Sauce Yellow Rice w/ Pigeon Peas Garden Salad Orange
21 Homemade Veal Burger Baked Potato Steamed Kale Apple	22 Beef Lasagna Baby Spinach Salad Honeydew	23 Stuffed Cabbage w/ Beef Yellow Rice Italian Blend Vegetables Tangerine	24 Center Closed	25 Lemon Salmon Baked Sweet Potato Steamed Broccoli Orange
28 Beef Salisbury Steak w/ Mushroom Sauce Homemade Mashed Potatoes Sautéed Spinach Orange	29 Chicken w/ Peach Sauce Penne Winter Blend Vegetables Pear	30 Baked Ziti w/ Meat Sauce Garden Salad Cantaloupe	31 Sweet & Sour Chicken Breast Yellow Rice Sautéed String Beans Tangerine	