



Project FIND Coffeehouse Senior Center  
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## Lunch Menu

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

## February 2019

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Funded Under Contract with the NYC Department for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
				Baked Marinated Cod Baked Sweet Potato California Blend Vegetables Apple
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Beef and Broccoli White Rice Baby Carrots w/ Parsley Sliced Canned Peaches	Cranberry Chicken Homemade Mashed Potatoes Steamed Broccoli Banana	Oven Baked Pork Chops Alt: Baked Flounder Yellow Rice Steamed Kale Orange	BBQ Chicken Leg Quarters Baked Potatoes Steamed Green Beans Apple	<b>Center Closed</b>  <b>Lincoln's Birthday</b> <b>All other centers open</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Chili Con Carne White Rice Garden Salad Orange	BBQ Chicken Leg Quarters Baby Spinach Salad Corn and Red Peppers Honeydew	BBQ Pulled Pork Cole Slaw French Fries Apple	Oven Fried Chicken Baked Macaroni and Cheese Braised Collard Greens Canned Mandarins	Spinach Stuffed Flounder Yellow Rice California Blend Vegetables Pear
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Beef Pepper Steak White Rice Steamed Broccoli Orange	Baked Asian Style Honey Chicken Braised Collard Greens Red Bliss Potatoes Pear	<b>Center Closed</b>  <b>All other centers are open</b>	Baked Chicken Quarters Steamed Broccoli & Cauliflower Sweet Baked Yams Canned Mandarins	Coconut Curried Cod Fish Yellow Rice and Pigeon Peas Steamed Green Beans Apple
<b>25</b>	<b>26</b>		<b>28</b>	
Stewed Pork Chops Alt: Baked Tilapia Homemade Mashed Potatoes Sautéed Zucchini Apple	Orange Glazed Chicken Breast Penne Sautéed Asparagus Canned Apricots	Pork Spare Ribs Alt: BBQ Beef Ribs Baked Sweet Potato Sautéed Broccoli w/ Mushrooms and Pearl Onions/ Pear	Sesame Chicken White Rice Steamed Green Beans Canned Mandarins	