



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

Visit our Website at [www.projectfind.org](http://www.projectfind.org)  
 Follow us at <https://twitter.com/FINDaid>  
 Like us at <http://facebook.com/projectfind>

## Lunch Menu

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

## May 2019

### Lunch Menu

Funded Under Contract with the NYC Department for the Aging

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
|   |  | <b>1</b>   | <b>2</b>  | <b>3</b>  |
|   |  | Stuffed Cabbage w/ Beef<br>Yellow Rice<br>Italian Blend Vegetables<br>Tangerine            | Oven Fried Chicken<br>Homemade Mashed Potatoes<br>Steamed Green Beans<br>Canned Pineapples              | Lemon Salmon<br>Baked Sweet Potato<br>Steamed Broccoli<br>Orange                        |
| <b>6</b>  | <b>7</b>   | <b>8</b>   | <b>9</b>  | <b>10</b>   |
| Beef Salisbury Steak w/ Mushroom Sauce<br>Homemade Mashed Potatoes<br>Sauteed Spinach<br>Pear | Chicken w/ Peach Sauce<br>Penne<br>Winter Blend Vegetables<br>Cantaloupe           | Baked Ziti w/ Meat Sauce<br>Garden Salad<br>Orange   | Sweet and Sour Chicken<br>Yellow Rice<br>Sauteed String Beans<br>Tangerine                              | Baked Marinated Cod<br>Baked Sweet Potato<br>California Blend Vegetables<br>Apple       |
| <b>13</b>   | <b>14</b>  | <b>15</b>  | <b>16</b>   | <b>17</b>   |
| Beef and Broccoli<br>White Rice<br>Baby Carrots w/ Parsley<br>Grapefruit                      | Cranberry Chicken<br>Homemade Mashed Potatoes<br>Steamed Broccoli<br>Banana        | Oven Baked Pork Chops<br><b>Alt: Baked Flounder</b><br>Yellow Rice<br>Steamed Kale/ Orange | BBQ Chicken Leg Quarters<br>Baked Potatoes<br>Steamed Green Beans<br>Apple                              | Salmon in Garlic Butter Sauce<br>Bowtie Pasta<br>Collard Greens<br>Canned Pineapples    |
| <b>20</b>   | <b>21</b>  | <b>22</b>  | <b>23</b>   | <b>24</b>   |
| Chili Con Carne<br>White Rice<br>Garden Salad<br>Orange                                       | BBQ Chicken Leg Quarters<br>Baby Spinach Salad<br>Corn and Red Peppers<br>Honeydew | BBQ Pulled Pork<br>Cole Slaw<br>French Fries<br>Apple                                      | Oven Fried Chicken<br>Baked Macaroni and Cheese<br>Braised Collard Greens<br>Canned Mandarins           | Spinach Stuffed Flounder<br>Yellow Rice<br>California Blend Vegetables<br>Pear          |
| <b>27</b>   | <b>28</b>  | <b>29</b>  | <b>30</b>   | <b>31</b>   |
| Beef Pepper Steak<br>White Rice<br>Steamed Broccoli<br>Orange                                 | <b>Center Closed for<br/>Memorial Day<br/>All Other Centers are Open</b>           | Beef Meatballs in Tomato Sauce<br>Spaghetti<br>Winter Blend Vegetables<br>Canned Apricots  | Baked Chicken Quarters<br>Steamed Broccoli & Cauliflower<br>Sweet Baked Yams<br>Canned Mandarin Oranges | Coconut Curried Cod Fish<br>Yellow Rice and Pigeon Peas<br>Steamed Green Beans<br>Apple |