



Project FIND Coffeehouse Senior Center
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Lunch Menu

September 2019

Lunch is served Monday to Friday from 12pm -1:30 pm

Milk and Bread Served with Meal

Funded Under Contract with the NYC Department for the Aging

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chili Con Carne White Rice Mixed Green Salad Orange	3 Oven Fried Chicken Baby Spinach Salad Corn and Red Peppers Honeydew *Early Closing*	4 Center Closed Labor Day	5 Tuna Fish Salad Pasta Salad Garden Salad Watermelon	6 Spinach Stuffed Flounder Yellow Rice California Blend Vegetables Pear
9 Beef Pepper Steak Rice Pilaf Steamed Broccoli Orange	10 Baked Asian Style Honey Chicken Red Bliss Potatoes Braised Collard Greens Pear	11 Beef Meatballs in Tomato Sauce Spaghetti Winter Blend Vegetables Canned Apricots	12 Roast Beef Classic Macaroni Salad Coleslaw Honeydew	13 Coconut Curried Cod Fish Yellow Rice and Pigeon Peas Steamed Green Beans Grapefruit
16 Beef and Broccoli White Rice Baby Carrots w/ Parsley Banana	17 Cranberry Chicken Homemade Mashed Potatoes Steamed Broccoli Sliced Canned Peaches	18 Oven Baked Pork Chops Alt: Baked Flounder Yellow Rice Steamed Kale Orange	19 BBQ Chicken Leg Quarters Baked Potatoes Steamed Green Beans Apple	20 Salmon in Garlic Butter Sauce Bowtie Pasta Collard Greens Canned Pineapple
23 Beef Salisbury Steak w/ Mushroom Sauce Homemade Mashed Potatoes Sauteed Spinach Pear	24 Chicken w/ Peach Sauce Penne Winter Blend Vegetables Cantaloupe	25 Baked Ziti w/ Meat Sauce Garden Salad Orange	26 Chicken Salad Pesto Pasta w/ Broccoli Tossed Salad w/ Dressing Tangerine	27 Baked Marinated Cod Baked Sweet Potato California Blend Vegetables Apple
30 Pepper Flank Steak w/ Gravy White Rice Steamed Broccoli Orange				