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Project FIND Hamilton Senior Center  
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## Dinner Menu

Dinner Served from 4:30pm - 6:00pm  
 Bread, Milk, and Coffee or Tea Served Daily  
 Voluntary Contribution of \$2.00

# December 2018

Funded Under Contract with the NYC Department for the Aging (DFTA)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
No Dinner	Hawaiian Chicken Leg or Breast <b>Alt: Tilapia w/ Mushrooms, Peppers, and Tomatoes</b> Baked Red Potato Wedges Kale & Lemon Kiwi Pineapple Juice	Veal Stew <b>Alt: Salad Bar</b> White Rice Capri Blend Vegetables Apple Juice Banana	Italian Roasted Pork Tenderloin <b>Alt: Homemade Black Bean Burger</b> Orzo <b>Alt: Hamburger Bun, Whole Wheat</b> Italian Blend Vegetables Honeydew Orange Pineapple Juice	Grilled Caribbean Chicken Breast <b>Alt: Salad Bar</b> Baked Macaroni & Cheese Cabbage w/ Shredded Carrots Orange Juice Peach	Lemon Salmon <b>Alt Baked Breaded Chicken Cutlet</b> Sweet Baked Yams Vegetable Mix Grape Juice Plum
9	10	11	12	13	14
No Dinner	Yankee Pot Roast <b>Alt: Baked Catfish w/ Garlic Sauce</b> Couscous Chinese Style Steamed Squash Orange Juice Peach	Eggplant Parmesan <b>Alt: Salad Bar</b> Macaroni Steamed Broccoli Apple Juice Cantaloupe	BBQ Beef Ribs <b>Alt: Pork Goulash</b> Roasted Potatoes Steamed Red or Green Cabbage Banana Pineapple Juice	Arroz Con Pollo/ Chicken Breast w/ Rice <b>Alt: Salad Bar</b> Carrots & Raisins Apple Grape Juice	Baked Salmon w/ Cilantro Citrus Sauce <b>Alt: Grilled Maple Chipotle Pork Chops</b> Orzo w/ Vegetables Steamed Kale Plum Orange Pineapple Juice
16	17	18	19	20	21
No Dinner	Citrus Sesame Crusted Salmon <b>Alt: Chinese Style Pork</b> Couscous Steamed Peas & Carrots Pineapple Juice Orange	Eggplant Parmesan <b>Alt: Salad Bar</b> Pasta Italian Blend Vegetables Grape Juice Kiwi	Baked Mushroom Chicken <b>Alt: Stewed Beef</b> Rice Pilaf Yellow Squash Apple Juice Cantaloupe	Turkey Leg <b>Alt: Salad Bar</b> Cauliflower & Potato Mash Zucchini & Peas Orange Juice Plum	Roast Beef <b>Alt: Chicken Stir Fry w/ Vegetables</b> <b>Orzo</b> Brussel Sprouts Orange Pineapple Juice Apple
23	24	25	26	27	28
No Dinner	Baked Tilapia <b>Alt: Bean Burrito w/ Whole Wheat Tortilla</b> Roasted Potatoes Steamed Peas Pear Pineapple Juice	Closed for Christmas Coffeehouse Center is Open	Sweet Orange Salmon <b>Alt: Homemade Turkey Burger</b> <b>Alt: Hamburger Bun, Whole Wheat</b> Garlic Rosemary Roasted Potatoes Steamed Spinach Banana Grape Juice	Beef Salisbury Steak w/ Mushroom Sauce <b>Alt: Salad Bar</b> Couscous Roasted Zucchini Apple Juice Orange	BBQ Pork Chops <b>Alt: Chicken Stir Fry Vegetables</b> Cauliflower & Potato Mash Baby Carrots w/ Parsley Canned Apricots Orange Pineapple Juice
30	31				
No Dinner	Hungarian Goulash w/ Beef <b>Alt: Broccoli Cheese Quesadilla</b> Mixed Vegetables Roasted Butternut Squash Apple Orange Juice				

(v) = Vegetarian Dish

\* All items are subjected to change