



Project FIND Hamilton Senior Center
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www.projectfind.org
 https://twitter.com/projectfind_nyc
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Lunch Menu

Lunch Served from 11:00am - 12:30pm
 Bread, Milk, and Coffee or Tea Served Daily
 Voluntary Contribution of \$1.75

December 2018

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

Sunday 2	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Pineapple Glazed Salmon Alt: Italian Roasted Pork Tenderloin Brown Rice w/ Pigeon Peas Mixed Green Salad Pear	Turkey Meatloaf w/ Mushroom Gravy Alt: Vegetable Lasagna Baby Carrots w/ Parsley Steamed Cauliflower Orange	Pork Spare Ribs Alt: Baked Breaded Fish Rice Pilaf Brussel Sprouts Apple	Chicken Cacciatore Alt: Homemade Turkey Burger Alt: Hamburger Bun, Whole Wheat Baked Sweet Potato Broccoli & Red Peppers Pear	Beef Pot Roast Alt: Lemon Pepper Tilapia Brown Rice California Blend Vegetables Banana	Eggplant Parmesan Alt: Chicken Jambalaya Kale w/ Tomato Steamed Corn on the Cob Sliced Canned Peaches
9	10	11	12	13	14
Baked Salmon w/ Lemon, Tarragon and Thyme Alt: BBQ Beef Ribs Pesto Pasta w/ Broccoli Normandy Blend Cantaloupe	Ginger Sherry Pork Chop Alt: Turkey Leg Garlic & Rosemary Roasted Potatoes Sautéed Mustard Greens Orange	Curried Chicken Leg or Breast Alt: Broccoli Cheese Quesadilla Rice w/ Chickpeas Brussel Sprouts and Kale Sauté Apple	<i>Holiday Party</i> Salmon in Garlic Butter Sauce Alt: Cornish Hen Wild Rice California Blend Vegetables Grape Juice Sweet Potato Pie	Chinese Style Pepper Steak Alt: Vegetable Lasagna Brown Rice Sautéed Bok Choy Peach	Baked Fish w/ Cream Sauce Alt: Turkey Chili w/ Sweet Potatoes & Corn Egg Noodles Broccoli & Red Peppers Kiwi
16	17	18	19	20	21
Baked Asian Style Honey Chicken Alt: Eggplant Parmesan Baked Sweet Potato Winter Blend Vegetables Pear	Beef Pepper Steak Alt: Baked Breaded Fish Yellow Rice Kale & Tomato Cantaloupe	Homemade Hamburger Alt: Baked Ziti w/ Cheese Whole Wheat Hamburger Bun Brussel Sprouts Roasted Sweet Potato Fries Apple	Mango-licious Tilapia Alt: BBQ Pork Chops Cabbage w/ Shredded Carrots Steamed Corn on the Cob Sliced Canned Peaches	Eggplant Parmesan Alt: Veal Stew Couscous Broccoli & Red Peppers Pear	Baked Salmon Alt: Stuffed Shells w/ Cheese Baked Sweet Potato Sautéed Spinach Kiwi
23	24	25	26	27	28
Pork Spare Ribs Alt: Beef Meatloaf Baked Macaroni & Cheese Carrots Oriental Blend Honeydew	Eggplant Parmesan Alt: Curried Chicken Leg Couscous Steamed Red or Green Cabbage Banana	Closed for Christmas Coffeeshouse Center is Open	<i>Winter Dance</i> Roast Beef w/ Gravy Alt: Vegetable Lasagna Yellow Rice Kale w/ Tomato Cantaloupe	Chicken Parmesan Alt: Baked Fish Oreganata Broccoli & Red Peppers O'Brien Potatoes Pear	Ginger Garlic Beef Stew Alt: Turkey Leg Normandy Blend Sweet Baked Yams Apple
30	31				
Baked Salmon w/ Cilantro Citrus Sauce Alt: Grilled Maple Chipotle Pork Chops Rice & Beans Creamed Spinach Orange	Stewed Pork Chops Alt: Baked Fish w/ Sweet & Sour Sauce Italian Cut Green Beans Sweet Baked Yams Banana				