



Project FIND Hamilton Senior Center  
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# Dinner Menu

Dinner Served from 4:30-6:00pm  
 Bread, Milk and Coffee or Tea Served Daily

Voluntary Contribution of \$2.00

# January 2019

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
		<b>Closed for New Year's Day All Project FIND Centers are closed</b>	Baked Asian Style Honey Chicken <b>Alt: Veal Stew</b> White Rice Green Bean Sautee Banana Pineapple Juice	Turkey Leg <b>Alt: Salad Bar</b> Baked Macaroni & Cheese Sautéed Spinach Apple Juice Kiwi	Teriyaki Beef <b>Alt: Vegetable Ratatouille</b> Brown Rice w/ Pigeon Peas Braised Collard Greens Cantaloupe Orange Pineapple Juice
6	7	8	9	10	11
No Dinner	Eggplant Parmesan w/ Ricotta <b>Alt: Beef Lasagna</b> Pasta Steamed Kale Apple Juice Orange	Honey Mustard Chicken Breast <b>Alt: Salad Bar</b> Broccoli & Red Peppers Garlic & Rosemary Roasted Potatoes Kiwi Pineapple Juice	Pork Spare Ribs <b>Alt: Bean Burrito w/ Whole Wheat Tortilla</b> Yellow Rice Zucchini & Peas Nectarine Orange Pineapple Juice	Beef & Broccoli <b>Alt: Salad Bar</b> Couscous Steamed Red or Green Cabbage Cantaloupe Grape Juice	Cornmeal Crusted Tilapia <b>Alt Baked Pork</b> Quinoa Sautéed String Beans Banana Orange Juice
13	14	15	16	17	18
No Dinner	Chicken Parmesan <b>Alt Stuffed Cabbage w/ Beef</b> Pasta Capri Blend Vegetables Apple Juice Plum	California Turkey Meatloaf <b>Alt: Salad Bar</b> Cauliflower & Potato Mash Steamed Spinach Cantaloupe Pineapple Juice	Ginger & Lime Salmon <b>Alt: Broccoli Cheese Quesadilla</b> Brown Rice Italian Blend Vegetables Grape Juice Orange	Baked Pork <b>Alt: Salad Bar</b> Brussel Sprouts O'Brien Potatoes Kiwi Orange Juice	Turkey Leg <b>Alt: Chickpea Stew</b> Baked Brown Rice Pilaf Baby Carrots w/ Parsley Apple Orange Pineapple Juice
20	21	22	23	24	25
No Dinner	<b>Center Closed for Martin Luther King Jr. Birthday</b>  <b>Coffeehouse, Woodstock, and Clinton Senior Centers are open</b>	Tilapia w/ Mushrooms, Peppers & Tomatoes <b>Alt: Salad Bar</b> Orzo Sautéed Mustard Greens Apple Juice Banana	BBQ Beef Ribs <b>Alt: Vegetable Lasagna</b> Couscous Chinese Style Bok Choy Kiwi Pineapple Juice	Veal Stew <b>Alt: Salad Bar</b> Cauliflower & Potato Mash Italian Blend Vegetables Grape Juice Orange	Chicken Jambalaya <b>Alt: Baked Ziti w/ Cheese</b> Tangy Green Beans Apple Orange Juice
27	28	29	30	31	
No Dinner	Baked Breaded Pork Chops <b>Alt: Turkey w/ Gravy</b> Couscous Steamed Green Beans Apple Grape Juice	Veal Stew <b>Alt: Salad Bar</b> Brown Rice Steamed Spinach Cantaloupe Orange Juice	Beef Pot Roast <b>Alt: Vegetable Lasagna</b> Baked Macaroni & Cheese Steamed Broccoli & Cauliflower Banana Orange Pineapple Juice	Chicken Fajitas <b>Alt: Salad Bar</b> Yellow Rice Steamed Kale Apple Juice Kiwi	

(v) = Vegetarian Dish

\* All items are subjected to change