



Project FIND Hamilton Senior Center
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Lunch Menu

Lunch Served from 11:00-12:30pm
 Bread, Milk and Coffee or Tea Served Daily

Voluntary Contribution of \$1.75

January 2019

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

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
		Closed for New Year's Day All Project FIND Centers are closed	Eggplant Parmesan Alt: Spanish Style Catfish Bowtie Pasta Garlicky Boiled Vegetables Cantaloupe	Chicken Jambalaya Alt: Stuffed Shells w/ Cheese Winter Blend Vegetables Tangerine	Ginger & Lime Salmon Alt: Beef Stuffed Cabbage Red Bliss Potatoes Roasted Broccoli Apple
6	7	8	9	10	11
Orange Glazed Chicken Breast Alt: Vegetable Lasagna Brown Rice Italian Blend Vegetables Grapefruit	Lemon Salmon Alt: Chinese Style Pepper Steak Brown Rice Chinese Style Bok Choy Cantaloupe	BBQ Pork Chops Alt: Vegetable Ratatouille Yellow Rice Italian Cut Green Beans Orange	Three Kings Party Baked Salmon Alt: Pernil (Roasted Pork Shoulder) Yellow Rice w/ Pigeon Peas California Mix Vegetables Apple Juice	Eggplant Parmesan Alt: Baked Catfish w/ Cream Sauce Penne Baby Carrots w/ Parsley Pear	Mexican Style Chicken Thighs & Rice Baked Ziti w/ Meat Sauce California Blend Vegetables Apple
13	14	15	16	17	18
Beef Brisket w/ Oranges Alt: Chickpea Stew Brown Rice Brussel Sprouts Tangerine	Homemade Turkey Burger Alt: Sweet & Sour Pork w/ Pineapple Alt: Whole Wheat Hamburger Bun Baked Red Potato Wedges Brussel Sprouts Banana	Baked Tilapia w/ Garlic Sauce Alt: Vegetable Lasagna Baked Macaroni & Cheese Baby Carrots w/ Parsley Braised Collard Greens Sliced Canned Peaches	Baked Mushroom Chicken Alt: Chili con Carne White Rice California Blend Vegetables Apple	Eggplant Parmesan Alt: Italian Style Pork Loin Pasta Italian Cut Green Beans Tangerine	Arroz con Pollo Chicken Breast w/ Rice Alt: Basil Quinoa Stuffed Peppers Baked Sweet Potato Steamed Red or Green Cabbage Pear
20	21	22	23	24	25
Pineapple Glazed Salmon Alt: Chinese Style Pepper Steak Brown Rice w/ Pigeon Peas Chinese Style Bok Choy Orange	Center Closed for Martin Luther King Jr. Birthday Coffeehouse, Woodstock, and Clinton Senior Centers are open	Italian Roast Chicken Alt: Broccoli Cheese Quesadilla Creamy Spinach Steamed Corn on the Cob Grapefruit	New Year's Dance Salmon in Garlic Butter Sauce Alt: Turkey Meatloaf w/ Mushroom Gravy Baked Macaroni & Cheese Broccoli & Red Peppers Apple	Pernil (Roasted Pork Shoulder) Alt: Bean Burrito w/ Whole Wheat Tortilla Baby Carrots w/ Parsley Red Bliss Potatoes Banana	Eggplant Parmesan Alt: Lemon Garlic Tilapia Bowtie Pasta Collard Greens w/ Tomato Tangerine
27	28	29	30	31	
Beef Pot Roast Alt: Chicken & Broccoli Stir Fry Brown Rice Normandy Blend Vegetables Cantaloupe	Grilled Caribbean Chicken Breast Alt: Baked Tilapia w/ Cream Sauce Baked Sweet Potato Zucchini & Peas Orange	Beef Lasagna Alt: Eggplant Parmesan Bowtie Pasta Capri Blend Vegetables Kiwi	Baked Salmon w/ Lemon, Tarragon and Thyme Alt: Baked Chicken Thighs Baked Potatoes Normandy Blend Vegetables Apple	Ginger Sherry Pork Chops Alt Broccoli Cheese Quesadilla Couscous Sautéed String Beans Tangerine	