



Project FIND Hamilton Senior Center
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Salad Menu

Dinner Served from 4:30pm - 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)

SALAD BAR

| SALAD BAR | | | | | |
|-----------------|--|---|--|--|---|
| | January 1, 2018 | January 8, 2018 | January 15, 2018 | January 22, 2018 | January 29, 2018 |
| Tuesday | Closed for New Year's Day All Project FIND Centers are closed | Fresh Tuna Fish Salad (Orzo) Lettuce (Arugula) Beans (Red Kidney) Tomatoes (Cherry) Onion(Green or Red) Hard- Boiled Egg Cheese (White Cheddar) Sliced Strawberry, Grapes Carrots (Shredded) | Roast Beef Salad (Red Bliss Potato) Lettuce (Romaine) Beets (Sliced) Tomatoes (Cherry) Onions (Green or Red) Peppers (Red or Green) Sliced Strawberry, Grapes Cheese (Cheddar) | Pork Loin Salad (Red Bliss Potato) Beans (Black) Tomatoes (Cherry) Cucumbers Mushrooms Bean Sprouts Cheese (Cheddar) Onions (Green or Red) Peppers (Red or Green) | Pork Loin Salad (Red Bliss Potato) Beans (Black) Tomatoes (Cherry) Cucumbers Mushrooms Bean Sprouts Cheese (Cheddar) Onions (Green or Red) Peppers (Red or Green) |
| | | January 3, 2018 | January 10, 2018 | January 17, 2018 | January 24, 2018 |
| Thursday | Fresh Tuna Fish Salad (Corn) Macaroni (Spirals) Lettuce (Chard) Beans (Pinto) Tomatoes (Cherry) Sliced Strawberry, Grapes Peppers (Red/Orange) Onions (Green or Red) Cheese (Cheddar) | Roast Pork Salad (Potato) Lettuce (Romaine) Beans (Chick Peas) Tomatoes (Cherry) Carrots (Shredded) Onions (Green or Red) Sliced Strawberry, Grapes Cheese (White Cheddar) Hard-Boiled Egg | Fresh Tuna Fish Salad (Corn) Spinach Beans (Black) Tomatoes (Cherry) Hard-Boiled Egg Carrots (Shredded) Onions (Red) Cheese (White Cheddar) Sliced Beets | Grilled Chicken Salad (Macaroni) Kale Beans (Red Kidney) Diced Apples (Red or Green) Edamame Peppers (Red/Orange) Onions Hard-Boiled Egg Cheese (White Cheddar) | Fresh Tuna Fish Salad (Orzo) Cabbage (Red) Beans (Chickpeas) Cucumbers Peppers (Red/Orange) Tomatoes (Cherry) Sliced Strawberry, Grapes Carrots (Shredded) Onions (Green or Red) |

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*All items subject to change