



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

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

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 Apricot Glazed Salmon ALT: Eggplant Parmesan Orzo Italian Blend Vegetable Pineapple Juice Grapefruit
3	4	5	6	7	8
No Dinner	Baked Tilapia ALT: Bean Burrito with Whole Wheat Roasted Potatoes Green Bean Sautéed Pineapple Juice Pear	Chicken Cacciatore ALT: Salad Bar Yellow Rice Italian Blend Vegetables Orange Juice Apple	Sweet Orange Salmon ALT: Homemade Turkey Burger ALT: Whole Wheat Hamburger Bread Garlic and Rosemary Roasted Potatoes Grape Juice Banana Banana	Beef Salisbury Steak w/ Mushroom Sauce ALT: Salad Bar Parmesan Rosemary Mashed Potatoes Roasted Zucchini Apple Juice Orange	BBQ Pork Chops ALT: Chicken Stir Fry w/ Vegetables White Rice Baby Carrots w/ Parsley Canned Apricots Orange Pineapple Juice
10	11	12	13	14	15
No Dinner	Hungarian Goulash with Beef ALT: Broccoli Cheese Quesadilla Egg Noodles Sautéed Zucchini Orange Juice Apple	Baked Salmon with Cilantro Citrus ALT: Salad Bar Baby Carrots with Parsley Orzo Grape Juice Orange	Center Closed for Lincoln Birthday Coffeehouse, Clinton, and Woodstock Senior Centers are open	Turkey Leg ALT: Salad Bar Baked Macaroni and Cheese Sautéed Spinach Apple Juice Kiwi	Teriyaki Beef ALT: Vegetable Ratatouille Brown Rice with Pigeon Peas Braised Collard Greens Orange Pineapple Cantaloupe
17	18	19	20	21	22
No Dinner	Egg Plant Parmesan with Ricotta ALT: Beef Lasagna Pasta Steamed Kale Apple Juice Orange	Honey Mustard Chicken Breast ALT: Salad Bar Broccoli and Red Peppers Garlic and Rosemary Roasted Potatoes Pineapple Juice Kiwi	Pork Spare Ribs ALT: Bean Burrito with Whole Wheat Tortilla Yellow Rice Zucchini and Peas Orange Pineapple Juice Nectarine	Center Closed for President's Day Coffeehouse, Clinton, and Woodstock Senior Centers are open	Cornmeal Crusted Tilapia ALT: Baked Pork Quinoa Sautéed String Beans Orange Juice Banana
24	25	26	27	28	
No Dinner	Chicken Parmesan ALT: Stuffed Cabbage with Beef Pasta Capri Blend Vegetables Apple Juice Plum	California Turkey Meatloaf ALT: Salad Bar Cauliflower and Potato Mash Steamed Spinach Pineapple Juice Cantaloupe	Ginger and Lime Salmon ALT: Broccoli Cheese Quesadilla Brown Rice Italian Blend Vegetables Grape Juice Orange	Baked Pork ALT: Salad Bar O'Brien Potatoes Baby Carrots with Parsley Brussel Sprouts Orange Pineapple Kiwi	

(v) = Vegetarian Dish

* All items are subjected to change