



Project FIND Hamilton Senior Center
 141 West 73rd Street
 New York, NY 10023
 Phone: (212) 787-7710 | Fax: (212) 580-1092
 E-mail: mbowen@projectfind.org
 dyoung@projectfind.org

www.projectfind.org
 https://twitter.com/projectfind_nyc
 https://www.facebook.com/projectfind/

Lunch Menu

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

February 2019

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

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 Yankee Pot Roast Alt: Baked Breaded Fish Pasta Steamed Red or Green Cabbage Banana
3	4	5	6	7	8
Sunny Mediterranean Chicken Alt: Turkey Chili with Sweet Potatoes and Corn Brown Rice Steamed Kale Cantaloupe	Eggplant Parmesan Alt: Curried Chicken Legs Pasta Steamed Red or Green Cabbage Banana	Chinese New Year Homemade Roast Pork Alt: Chicken Stir-fry Brown Rice Bok Choy Tangerine Ice Cream Fortune Cookie	Beef and Broccoli Alt: Vegetable Lasagna White Rice Kale and Tomatoes Cantaloupe	Chicken Parmesan Alt: Baked Fish Oreganata Bowtie Pasta Broccoli and Red Peppers Pear	Ginger Garlic Beef Stew Alt: Turkey Leg White Rice Normandy Blend Apple
10	11	12	13	14	15
Baked Salmon with Cilantro Citrus Sauce Alt: Grilled Maple Chipotle Pork Chops Orzo Creamed Spinach Orange	Stewed Pork Chops Alt: Baked Fish with Sweet Sour Sauce Italian Cut Green Beans Sweet Baked Yams Banana	Beef Salisbury Steak with Mushroom Sauce Alt: Basil Quinoa Stuffed Peppers Yellow Rice Steamed Kale Kiwi	Center Closed for Lincoln Birthday Coffeehouse, Clinton, and Woodstock Senior Centers are open	Valentine's Day Party Chicken Jambalaya Alt: Stuffed Shells with Cheese Winter Blend Vegetables Tangerine Cupcake	Ginger and Lime Salmon Alt: Beef stuffed Cabbage Red Bliss Potatoes Roasted Broccoli Apple
17	18	19	20	21	22
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	Turkey with Gravy Alt: Roast Beef Collard Greens Sweet Baked Yams Banana	Center Closed for President's Day Coffeehouse, Clinton, and Woodstock Senior Centers are open	Mexican Style Chicken Thighs and Rice Alt: Baked Ziti with Meat Sauce California Blend Vegetables Apple
24	25	26	27	28	
Beef Brisket with Oranges Alt: Chickpea Stew Brown Rice Brussel Sprouts Tangerine	Homemade Turkey Burger Alt: Sweet and Sour Pork with Pineapple Alt: Whole Wheat Hamburger Bun Baked Red Potatoes Wedges Brussel Sprouts Banana	Baked Fish with Garlic Sauce Alt: Vegetable Lasagna Baked Macaroni with Cheese Baby Carrots With Parsley Braised Collard Greens Apples	Black History Month Party Roast Beef Alt: Chili con Carne White Rice California Blend Vegetables Apple Cupcake	Eggplant Parmesan Alt: Italian Style Pork Loin Pasta Italian Cut Green Beans Tangerine	