



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

February 2019

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

SALAD BAR					
		February 5, 2019	February 12, 2019	February 19, 2019	February 26, 2019
Tuesday		Roast Beef Salad (Corn) Lettuce (Romaine) Beans (Pinto) Spinach Tomatoes (Cherry) Onion (Green or Red) Peppers (Red / Orange) Cheese (White Cheddar) Carrots (Shredded)	Teriyaki Chicken Salad (Potato) Bean (Pink) Lettuce (Romaine) Carrots (Shredded) Cabbage (Red) Onion (Green or Red) Hard - Boiled Egg Tomatoes (Cherry) Cheese (Cheddar)	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) Beans (Chick Peas) Tomatoes (Cherry) Onions (Green or Red) Peppers (Red or Green) Sliced Strawberry, Grapes Cheese (Cheddar)
		February 7, 2019	February 14, 2019	February 21, 2019	February 28, 2019
Thursday	Pork Loin Salad (Macaroni) Spinach Edamame Tomatoes (Cherry) Cucumbers Onions (Green or Red) Sliced Beets Hard- Boiled Egg Cheese (Cheddar)	Fresh Tuna Fish Salad (Corn) Macaroni (Spirals) Lettuce (Chard) Bean (Pinto) Tomatoes (Cherry) Sliced Strawberry, Grapes Peppers (Red/Orange) Onions (Green/ Red) Cheese (Cheddar)	Closed for Holiday	Fresh Tuna Fish Salad (Corn) Spinach Beans (Black) Tomatoes (Cherry) Hard- Boiled Egg Carrots (Shredded) Onions (Red) Cheese (White Cheddar) Sliced Beets	