



Project FIND Hamilton Senior Center  
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## Dinner Menu

Dinner Served from 4:30-6:00pm  
 Bread, Milk, and Coffee or Tea Served Daily  
 Voluntary Contribution of \$2.00

# April 2019

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
No Dinner	Homemade Turkey Burger <b>ALT: BBQ Pork Chops</b> Hamburger Bun Whole Wheat Baked Red Potato Wedges Roasted Broccoli Cantaloupe Pineapple Juice	Baked Fish with Garlic Sauce <b>ALT: Salad Bar</b> Corn and Red Peppers Steamed Spinach Apple Orange Juice	Stewed Pork Chops <b>ALT: Vegetable Ratatouille</b> Couscous Sautéed String Beans Grape Juice ( Unsweetened) Orange	Beef and Pepper Pasta <b>ALT: Salad Bar</b> Stewed Okra & Tomatoes Sautéed Zucchini Apple Juice Grapefruit	Vegetable Lasagna <b>Pork Tenderloin with Zesty Cilantro Sauce</b> Pasta Primavera Green Bean Sautéed Banana Orange Pineapple Juice
7	8	9	10	11	12
No Dinner	Baked Fish Oreganata <b>ALT: Hungarian Goulash with Beef</b> Brown Rice w/ Pigeon Peas Roasted Zucchini Apple Orange Juice	Grilled Chicken Breast <b>ALT: Salad Bar</b> Orzo Broccoli and Red Peppers Grape Juice Orange	Baked Asian Style Honey Chicken <b>ALT: Pork Spare Ribs</b> Baked Potatoes California Blend Vegetables Banana Pineapple Juice	Beef Pot Roast <b>ALT: Salad Bar</b> Baked Macaroni and Cheese Sautéed Spinach Apple Juice Cantaloupe	Baked Fish with Garlic Sauce <b>ALT: Mango Chutney Pork Roast</b> Yellow Rice Steamed Carrots Orange Pineapple Juice Watermelon
14	15	16	17	18	19
No Dinner	Honey Mustard Chicken Breast <b>ALT: Baked Ziti with Meat Sauce</b> Baby Carrots with Parsley Homemade Mashed Potatoes Apple Juice Plum	Beef Pepper Steak <b>ALT: Salad Bar</b> Couscous Brussel Sprouts Cantaloupe Pineapple Juice	Eggplant Parmesan <b>ALT: Baked Tilapia</b> Green Bean Sautéed Steamed Corn on the Cob Orange Pineapple Juice Peach	Chicken Fricassee <b>ALT: Salad Bar</b> Brown Rice with Pigeon Peas Kale with Tomato Banana Orange Juice	Beef Brisket with Oranges <b>ALT: Turkey Leg</b> Mashed Butternut Squash Sautéed String Bean Grape Juice ( Unsweetened) Orange
21	22	23	24	25	26
No Dinner	Beef Salisbury Steak with Mushroom Sauce <b>ALT: Vegetable Ratatouille</b> Brown Rice Yellow Squash Apple Juice Pear	Mexican Style Chicken Thighs and Rice <b>ALT: Salad Bar</b> Baby Carrots with Parsley Cantaloupe Pineapple Juice	Baked Fish with Garlic Sauce <b>ALT: Stuffed Cabbage w/ Beef</b> Bowtie Pasta Steamed Kale Applesauce Orange Juice	Italian Style Pork Loin <b>ALT: Salad Bar</b> Couscous Italian Blend Vegetables Honeydew Orange Pineapple Juice	Turkey Meatloaf with Mushrooms and Peppers <b>ALT: Basil Quinoa Stuffed Peppers</b> Penne California Blend Vegetables Grape Juice (Unsweetened) Plum
28	29	30			
No Dinner	Beef and Broccoli <b>ALT: Orzo Stuffed Pepper</b> Cauliflower and Potato Mash Steamed Peas Pineapple Juice Plum	Teriyaki Baked Fish <b>ALT: Salad Bar</b> Baby Carrots with Parsley Baked Potatoes Grape Juice ( Unsweetened) Sliced Canned Peached			

(v) = Vegetarian Dish

\* All items are subjected to change