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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

Lunch Menu

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

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Breaded Fish ALT: Stuffed Shells with Cheese Kale with Tomato Sweet Baked Yams Pear	2 Arroz con Pollo(Chicken Breast with rice) ALT: Beef Lasagna Baby Carrots with Parsley Brussel Sprouts Plum	3 Eggplant Parmesan ALT: Turkey Leg Egg Noodles Roasted Zucchini Cantaloupe	4 Baked Salmon with Lemon, Tarragon & Thyme ALT: Chicken Parmesan Pasta Broccoli and Red Peppers Apple	5 California Turkey Meatloaf ALT: Tofu Stuffed Pepper Couscous California Blend Vegetables Honeydew
7 Beef Pot Roast Sweet & Sour Pork Chop Rice and Beans Sautéed Spinach Orange	8 Chicken Cacciatore ALT: Turkey Chili with Sweet Potatoes and Corn Italian Blend Vegetables Roasted Potatoes Banana	9 Grilled Maple Chipotle Pork Chops Alt: Beef Stuffed Cabbage Egg Noodles Baby Carrots with Parsley Cantaloupe	10 Easter/Passover Celebration Cornish Hen ALT: Eggplant Parmesan Yellow Rice & Beans Baby Carrots Apple Juice Cup Cake	11 BBQ Chicken Leg Quarter ALT: Vegetable Lasagna Baked Sweet Potato Beets and Baby Carrots w/ Dill Orange	12 Baked Fish with Cream Sauce ALT: Chickpea Stew Couscous Broccoli & Red Peppers Honeydew
14 California Turkey Meatloaf ALT: Basil Quinoa Stuffed Pepper White Rice Kale with Tomato Apple	15 Salmon in Garlic Butter Sauce ALT: Ginger Sherry Pork Chop Brown Rice Braised Collard Greens Peach	16 Turkey w/ Gravy ALT: Orzo Stuffed Pepper Cabbage Carrot Slaw Pasta Salad Apple	17 Sunny Mediterranean Chicken ALT: Beef Stroganoff w/ Noodles Baked Brown Rice Pilaf Normandy Blend Orange	18 Mango Chutney Pork Roast ALT: Turkey Meatloaf with Mushrooms and Peppers Couscous Steamed Broccoli Pear	19 Eggplant Parmesan with Ricotta ALT: Sofrito Steak Orzo Sautéed Zucchini Cantaloupe
21 Pork Spare Ribs ALT: Baked Fish Marinade Roasted Potatoes Sautéed Bok Choy Banana	22 Jerk Chicken ALT: Stuffed Peppers with Turkey Bowtie Pasta Baby Carrots with Parsley Watermelon	23 BBQ Pulled Pork ALT: Vegetable Lasagna Baked Sweet Potato Steamed Kale Kiwi	24 Spring Fling Party Salmon Alt: BBQ Beef Ribs Wild Rice Normandy Blend Vegetables Pineapple Juice Cup Cake	25 Baked Fish w/ Cream Sauce ALT: Chicken Jambalaya Steamed Corn on the Cob Steamed Red or Green Cabbage Cantaloupe	26 Spanish Style Beef Stew ALT: Stuffed Shells with Cheese White Rice Baby Carrots with Parsley Green Bean Sautéed Pear
28 Pork Loin with Curried Pineapple ALT: Spanish Style Catfish Brown Rice with Beans Steamed Spinach Orange	29 Cranberry Chicken ALT: Stuffed Shells with Cheese Sautéed Boy Choy Sweet Baked Yams Cantaloupe	30 Pork Spare Ribs ALT: Turkey Meatloaf with Mushroom Couscous California Blend Vegetables Apple			