



Project FIND Hamilton Senior Center
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 New York, NY 10023
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Salad Menu

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

April 2019

www.projectfind.org
 https://twitter.com/ProjectFIND_NYC
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Funded Under Contract with the NYC Department for the Aging (DFTA)

SALAD BAR					
	April 2, 2019	April 9, 2019	April 16, 2019	April 23, 2019	April 30, 2019
Tuesday	Roasted Chicken Salad (Macaroni) Lettuce (Romaine) Beans (Red Kidney) Carrots (Shredded) Tomatoes (Cherry) Onion (Green or Red) Peppers (Red/ Orange) Cheese (White Cheddar) Hard- Boiled Egg	Roasted Pork Salad (Potato) Lettuce (Chard) Beans (Pink) Carrots (Baby) Sliced Strawberry, Grapes Onion (Green or Red) Hard- Boiled Egg Cheese (White Cheddar) Tomatoes (Cherry)	Grilled Chicken Salad (Potato) Lettuce (Mesclun) Bean (Pinto) Tomatoes (Cherry) Onion (Green or Red) Hard- Boiled Egg Sliced Strawberry, Grapes Cheese (White Cheddar) Carrots (Shredded)	Roasted Beef Salad (Corn) Beans (Black) Lettuce (Romaine) Tomatoes (Cherry) Onion (Green or Red) Peppers (Red or Green) Cheese (Cheddar) Carrots (Shredded) Sliced Strawberry, Grapes	Chicken Teriyaki Salad (Macaroni) Bean (Edamame) Spinach Tomatoes (Cherry) Peppers (Red/Orange) Corn Cheese (Cheddar) Grapes Carrots (Shredded)
	April 4, 2019	April 11, 2019	April 18, 2019	April 25, 2019	
Thursday	Fresh Tuna Fish Salad (Corn) Beans (Black) Cabbage (Red) Carrots (Shredded) Grapes Onion (Green or Red) Peppers (Red/ Orange) Cheese (White Cheddar) Hard- Boiled Egg	Fresh Tuna Fish Salad (Corn) Lettuce (Romaine) Beans (Chick Peas) Sliced Strawberry, Grapes Peppers (Green or Red) Onion (Green or Red) Cheese (White Cheddar) Hard- Boiled Egg	Roasted Beef Salad (Pasta) Lettuce (Arugula) Beans (Pinto) Tomatoes (Cherry) Carrots (Shredded) Onion (Green or Red) Sliced Strawberry, Grapes Cheese (White Cheddar) Peppers (Red/Orange)	Fresh Tuna Fish Salad (Potato) Kale Beans (Pink) Tomatoes (Cherry) Peppers (Red or Green) Carrots (Shredded) Onion (Green or Red) Cheese (Cheddar) Grapes	