



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

Salad Menu

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

May 2019

www.projectfind.org
<https://twitter.com/FINDaid>
<http://facebook.com/projectfind>

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

SALAD BAR					
		May 7, 2019	May 14, 2019	May 21, 2019	May 28, 2019
Tuesday		Teriyaki Beef Salad (Corn) Beans (Pinto) Lettuce (Romaine) Carrots (Shredded) Sliced Strawberry , Grapes Peppers (Red/Orange) Tomatoes (Cherry) Cheese (White Cheddar) Onions (Green or Red)	Roasted Chicken Salad (Marcaroni) Lettuce (Romaine) Beans (Red Kidney) Carrots (Shredded) Tomatoes (Cherry) Onion (Green or Red) Peppers (Red/ Orange) Cheese (White Cheddar) Hard- Boiled Egg	Fresh Tuna Fish 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 (Mesculin) Bean (Pinto) Tomatoes (Cherry) Onion (Green or Red) Hard- Boiled Egg Sliced Strawberry, Grapes Cheese (White Cheddar) Carrots (Shredded)
		May 2, 2019 Pork Loin Salad (Potato) Lettuce (Arugula) Beans (Red Kidney) Grapes Tomatoes (Cherry) Peppers (Red/Orange) Onions (Green or Red) Hard-Boiled Egg Cheese (White Cheddar)	May 9, 2019 Fresh Tuna Fish Salad (Pasta) Lettuce (Romaine) Beans (Pinto) Grapes Peppers (Red/Orange) Tomatoes (Cherry) Cheese (White Cheddar) Hard Boiled Egg Onion (Green or Red)	May 16, 2019 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	May 23, 2019 Roasted Pork Salad (Corn) Lettuce (Romaine) Beans (Chick Peas) Sliced Strawberry, Grapes Peppers (Green or Red) Onion (Green or Red) Cheese (White Cheddar) Hard- Boiled Egg
Thursday					