



Project FIND Hamilton Senior Center
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Lunch Menu

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

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
			Rosemary Chicken ALT: Vegetable Ratatouille Yellow Rice Roasted Broccoli Pear	Pineapple Glazed Salmon ALT: Veal Stew Collard Greens w/ Tomato Peach	Turkey Leg ALT: Vegetable Lasagna Red Bliss Potatoes Sautéed String Beans Honeydew
5	6	7	8	9	10
Beef Pot Roast ALT: Spanish Style Catfish Egg Noodles Braised Red Cabbage w/ Apple Orange	Citrus Marinated Chicken Breast ALT: Beef Salisbury Steak w/ Mushroom Sauce Brussel Sprouts Cauliflower & Potato Mash Honeydew	Italian Roasted Pork Tenderloin ALT: Chickpea Stew Orzo w/ Vegetables Italian Blend Vegetables Orange	Mother's Day Party Lamb Shank ALT: Grilled Salmon Wild Rice String Beans Pineapple Orange Juice Apple Pie	Baked Chicken Thighs ALT: Vegetable Lasagna Steamed Corn on the Cob Sautéed Spinach Cantaloupe	Pork Tenderloin w/ Zesty Cilantro Sauce ALT: Turkey Meatballs Baked Macaroni & Cheese Steamed Carrots Kiwi
12	13	14	15	16	17
Garlicky Chicken ALT: Teriyaki Beef Brown Rice w/ Pigeon Peas Steamed Red or Green Cabbage Banana	Baked Breaded Catfish ALT: Stuffed Shells with Cheese Kale with Tomato Sweet Baked Yams Pear	Arroz con Pollo(Chicken Breast with rice) ALT: Beef Lasagna Baby Carrots with Parsley Brussel Sprouts Plum	Eggplant Parmesan ALT: Turkey Leg Egg Noodles Roasted Zucchini Cantaloupe	Baked Salmon with Lemon, Tarragon & Thyme ALT: Chicken Parmesan Pasta Broccoli and Red Peppers Apple	California Turkey Meatloaf ALT: Tofu Stuffed Pepper Cous Cous California Blend Vegetables Honeydew
19	20	21	22	23	24
Beef Pot Roast Sweet & Sour Pork Chops Rice and Beans Sautéed Spinach Orange	Chicken Cacciatore ALT: Turkey Chili with Sweet Potatoes and Corn Italian Blend Vegetables Roasted Potatoes Banana	Grilled Maple Chipotle Pork Chops Alt: Beef Stuffed Cabbage Egg Noodles Baby Carrots with Parsley Cantaloupe	Memorial Day Party Pork Loin ALT: Cornish Hen Yellow Rice w/ Pigeon Peas California Blend Vegetables Orange Juice Cup Cake	BBQ Chicken Leg Quarter ALT: Vegetable Lasagna Baked Sweet Potato Beets and Baby Carrots w/ Dill Orange	Baked Cod with Cream Sauce ALT: Chickpea Stew Cous Cous Broccoli & Red Peppers Honeydew
26	27	28	29	30	31
California Turkey Meatloaf ALT: Basil Quinoa Stuffed Pepper White Rice Kale with Tomato Apple	Salmon in Garlic Butter Sauce ALT: Ginger Sherry Pork Chops Brown Rice Braised Collard Greens Peach	Turkey w/ Gravy ALT: Orzo Stuffed Pepper Cabbage Carrot Slaw Pasta Salad Apple	Sunny Mediterranean Chicken ALT: Beef Stroganoff w/ Noodles Baked Brown Rice Pilaf Normandy Blend Orange	Mango Chutney Pork Roast ALT: Turkey Meatloaf with Mushrooms and Peppers Cous Cous Steamed Broccoli Pear	Eggplant Parmesan with Ricotta ALT: Sofrito Steak Orzo Sautéed Zucchini Cantaloupe