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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

# May 2019

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
No Dinner			Chinese Style Roast Pork Loin <b>Alt: Tofu Stuffed Peppers</b> Bowtie Pasta Chinese Style Bok Choy Honeydew Orange Pineapple Juice	Beef Stroganoff w/ Noodles <b>Alt: Salad Bar</b> Beet Salad Brussel Sprouts Apple Juice Orange	Baked Pork <b>Alt: Chicken Cacciatore</b> Cous Cous Broccoli & Red Peppers Orange Juice Pear
5	6	7	8	9	10
No Dinner	Baked Cod w/ Cream Sauce <b>Alt: BBQ Pork Chops</b> Rice w/ Chickpeas Steamed Spinach Grape Juice Pear	Veal Stew <b>Alt: Salad Bar</b> Egg Noodles Braised Collard Greens Nectarine Orange Pineapple Juice	Chicken Jambalaya <b>Alt: Southwest Turkey Meatloaf</b> Cabbage w/ Shredded Carrots O'Brien Potatoes Banana Pineapple Juice	Yankee Pot Roast <b>Alt: Salad Bar</b> Cauliflower & Potato Mash Kale w/ Tomato Applesauce Orange Juice	Baked Mushroom Chicken <b>Alt: Stuffed Shells w/ Cheese</b> Broccoli & Red Peppers Steamed Green Beans Apple Juice Orange
12	13	14	15	16	17
No Dinner	Homemade Turkey Burger <b>ALT: BBQ Pork Chops</b> Hamburger Bun Whole Wheat Baked Red Potato Wedges Roasted Broccoli Cantaloupe	Baked Cod 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> Cous Cous Sautéed String Beans Grape Juice Orange	Beef and Pepper Pasta <b>ALT: Salad Bar</b> Stewed Okra & Tomatoes Sautéed Zucchini Apple Juice Grapefruit	Vegetable Lasagna <b>Alt: Pork Tenderloin with Zesty Cilantro Sauce</b> Pasta Primavera Green Bean Sautéed Banana
19	20	21	22	23	24
No Dinner	Baked Cod 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 Tilapia with Garlic Sauce <b>ALT: Mango Chutney Pork Roast</b> Yellow Rice Steamed Carrots Orange Pineapple Juice Watermelon
26	27	28	29	30	31
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> Cous Cous 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 Orange

(v) = Vegetarian Dish

\* All items are subjected to change