



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

September 2019

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Center Closed Woodstock Center is Open	Eggplant Parmesan With Ricotta Alt: Beef Stuffed Peppers Egg Noodles Steamed Spinach Watermelon	Grilled Caribbean Chicken Breast Alt: Vegetables Lasagna Baked sweet Potato Brussel Sprouts Grapefruit	Baked Salmon With Lemon, Tarragon and Thyme Alt: Turkey Chili With Sweet Potatoes and Corn Cous Cous Braised Collard Greens Banana	Honey-Apricot Glazed Chicken Alt: Orzo Stuffed Peppers Yellow Rice and Pigeon Peas Sautéed Zucchini Honeydew	Ginger Sherry Pork Chops Alt: Broccoli Cheese Quesadilla Orzo Baby Carrots with Parsley Tangerine
8	9	10	11	12	13
Hungarian Goulash With Beef Alt: Baked Fish With Garlic Sauce Baked Macaroni and Cheese Sautéed Bok Choy Pear	Chicken Biryani Alt: Mole Pork Cous Cous Brussel Sprouts and Kale Sauté Peach	Sweet Orange Salmon Alt: Chickpea Stew Cuban Style Brown Rice California Blend Vegetable Grapefruit	Eggplant Parmesan Alt: Southwest Turkey Meatloaf Orzo With Vegetables Zucchini With Onions And Peppers Apple	End Of Summer Bash Lamb Shank Alt: BBQ Pork Ribs Whole Wheat Dinner Roll Yellow Rice w/ Granules California Blend Vegetables Grape Juice Tangerine Apple Pie	BBQ Beef Ribs Alt: Orzo Stuffed Peppers O'Brien Potatoes Roasted Turnips Pear
15	16	17	18	19	20
Swiss Steak With Onions Alt: Spanish Style Catfish Black Beans and Rice Sautéed Spinach Orange	Hawaiian Chicken Legs Alt: Baked Fish With Garlic Sauce Pasta Primavera Stewed Okra and Tomatoes Plum	Beef Stuffed Peppers Alt: Vegetable Ratatouille Yellow Rice and Pigeon Peas Steamed Red or Green Cabbage Honeydew	Baked Salmon With Cilantro Citrus Sauce Alt: Pork Spare Ribs Baked Macaroni and Cheese Normandy Blend Tangerine	Mexican Style Chicken Thighs and Rice Alt: Stuffed Cabbage With Beef Quinoa (1/2cup) Sautéed Bok Choy With Garlic Nectarine	Herbed Loin Pork Alt: Chickpea Stew Brown Rice (1/2 cup) Cauliflower with Carrots and Parsley Orange
22	23	24	25	26	27
Eggplant Parmesan Alt: Baked Breaded Fish Broccoli and Red Peppers Steamed Corn on the Cob Cantaloupe	BBQ Beef Ribs Alt: Turkey Leg Brown Rice (1/2 cup) Kale with Tomato Watermelon	Eggplant Parmesan Alt: Breaded Pork Loin Bowtie Pasta Broccoli with Toasted Garlic Apple	Labor Day BBQ Grilled Hamburger Grilled Hot Dog Grilled Chicken Breast Cutlet Whole Wheat Hamburger Bread Hot Dog Bread Macaroni Salad Corn on the Cob Apple Juice Watermelon	Italian Roast Chicken Alt: Mango-licious Tilapia Cous Cous Beet Salad Cantaloupe	Salmon in Garlic Butter Sauce Alt: Sweet & Sour Pork Chop Orzo Sautéed Asparagus Orange
29	30				
Turkey with Gravy Alt: Stuffed Shells with Cheese Roasted Brussels Sprouts Alt: Garlic and Rosemary Roasted Potatoes Banana	Beef Pepper Steak Alt: Chickpea Stew Yellow Rice Kale With Tomato Cantaloupe				