



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

September 2019

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

SALAD BAR

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	September 3, 2019	September 10, 2019	September 17, 2019	September 24, 2019	
Tuesday	Roasted Chicken Corn Salad Kale Edamame Dice Apples (Red Or Green) Tomatoes (Cherry) Onions (Red) Peppers (Red/Orange) Beans Sprouts	Roast Beef Salad (Potato) Baby Spinach Beans (Black) Tomatoes (Cherry) Broccoli Mushroom Avocado Cheese (Cheddar)	Fish Steak Salad (Corn) Lettuce (Batavia - French Crisp Or Summer Crisp) Beans (Pink) Tomatoes (Cherry) Carrots (Shredded) Peppers (Red/Orange) Cucumbers Sliced Strawberries, Grapes	Tuna Steak Salad (Mexican Corn) Lettuce (Escarole) Beans (Red Kidney) Carrots (Shredded) Tomatoes (Cherry) Onions (Red) Peppers (Red or Green) Cheese (White Cheddar)	
	September 5, 2019	September 12, 2019	September 19, 2019	September 26, 2019	
Thursday	Fish (Tuna) Salad (Corn) Spinach Beans (Pinto) Tomatoes (Cherry) Strawberry, Grape Carrots (Shredded) Onions (Red) Cheese (Cheddar)	Broiled Fish (Tuna) Macaroni (Spirals) Lettuce (Oak Leaf) Beans (Kidney) Carrots (Baby) Tomatoes (Cherry) Peppers (Red/Orange) Onions (Red) Cheese (Cheddar)	Chicken Teriyaki Salad (Potato) Lettuce (Chard) Beans (Black) Cherry Tomatoes Mushrooms Dried Cranberries Cheese (Cheddar) Radish Avocado	Roast Pork Macaroni (Tri-Color Spirals) Lettuce (Butter) Beans (Pink) Carrots (Shredded) Raisin Red Onion Hard - Boiled Egg Tomatoes	

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*All items subject to change