



Project FIND Hamilton Senior Center
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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

September 2019

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
1	2	3	4	5	6
No Dinner	Baked Fish Oreganata Alt: Soft Tacos With Black Beans and Mixed Vegetables Brown Rice with Pigeon Peas Broccoli with Toasted Garlic Apple Juice Grapes	Mango Chutney Pork Roast Alt: Salad Bar Orzo with Vegetables Orange Juice Cantaloupe	Stuffed Cabbage with Beef Alt: Baked fish with Cream Sauce Bowtie Pasta Kale and Tomato Pineapple Juice Peach	Turkey Leg Alt: Salad Bar Pesto Pasta with Broccoli California Blend Vegetables Grape Juice (Unsweetened) Orange	Chicken Gumbo Alt: Beef Lasagna Green Bean Sautee Orange Pineapple Juice Plum
8	9	10	11	12	13
No Dinner	Beef Stir Fry Alt: Stuffed Shells with Cheese Yellow Rice Normandy Blend Pineapple Juice Tangerine	Arroz con Pollo (Chicken Breast and Rice) Alt: Salad Bar Sautéed Spinach Orange Pineapple Juice Kiwi	Turkey Meatballs Alt: Soft Tacos With Black Beans and Mixed Vegetables Pasta Primavera Oriental Blend Apple Juice Honeydew	Citrus Marinated Chicken Breast Alt: Salad Bar Cous Cous with Peas and Lemon Sautéed Mustard Greens Orange Juice Strawberries	Sweet & Sour Pork with Pineapple Alt: Tilapia with Mushrooms, Peppers and Tomatoes Brussel Sprouts Roasted Potatoes Grape Juice (unsweetened) Grapefruit
15	16	17	18	19	20
No Dinner	Pork Goulash Alt: Turkey with Gravy Brown Rice with Pigeon Peas Sautéed Bok Choy Orange Juice Apple	Spanish Chicken with Potatoes and Garlic Alt: Salad Bar Orzo Collard Greens with Tomato Apple Juice Grapes	Turkey Meatballs Alt: Soft Tacos With Black Beans and Mixed Vegetables Cous Cous Zucchini with Onions and Peppers Pineapple Juice Honeydew	Baked Breaded Fish Alt: Salad Bar Steamed Spinach Sweet Baked Yams Grape Juice (unsweetened) Banana	Chicken Caprese Alt: Spanish Style Beef Stew Rice Pilaf Kale and Tomato Orange Pineapple Juice Kiwi
22	23	24	25	26	27
No Dinner	Baked Fish with Garlic Sauce Alt: Vegetable Lasagna Braised Collard Greens Roasted Potatoes Pineapple Juice Nectarine	Chicken Jambalaya Alt: Salad Bar Sautéed Spinach Orange Juice Plum	BBQ Pork Chops Alt: Basil Quinoa Stuffed Peppers Rice Pilaf Yellow Squash Grape Juice (Unsweetened) Strawberries	Turkey Burger with Cheese Alt: Salad Bar Italian Blend Vegetables Roasted Sweet Potato Fries Apple Juice Pear	Chicken Stir Fry with Vegetables Alt: Broccoli Cheese Quesadilla Brown Rice (1/2 cup) Steamed Peas Orange Pineapple Juice Canned Apricots
29	30				
No Dinner	Lemon Pepper Cod Alt: Broccoli Cheese Quesadilla Cous Cous Steamed Peas and Carrots Pineapple Juice Orange				

(v) = Vegetarian Dish

* All items are subjected to change