



Project FIND Woodstock Senior Center
 127 West 43rd Street
 New York, NY 10036
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Lunch Menu

Lunch Served Tuesday to Sunday from 12:00 - 1:30 pm
 Bread, Milk, and Coffee or Tea Served Daily
 SERVED WITH ALL MEALS
 Suggested Contribution: \$1.75
 Fresh Fruit can be requested in place of any dessert

January 2019

Funded Under Contract with the NYC Department for the Aging

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Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6
Center Closed New Year Day	Chicken Parmesan w/ Sauteed Onions & Garlic Spaghetti Italian Cut Green Beans Canned Mandarins	Salisbury Steak w/ Mushroom Sauce Homemade Mashed Potatoes Baby Carrots w/ Parsley Pear	Spinach Stuffed Flounder Broccoli & Red Peppers Garlic & Rosemary Roasted Potatoes Canned Pineapple	Veal Stew Alt: Sweet & Sour Chicken Thighs White Rice Steamed Cauliflower Orange	Beef Meatloaf Alt: Baked Mushroom Chicken Egg Noodles Italian Blend Vegetables Cantaloupe
8	9	10	11	12	13
Baked Salmon w/ Dill Lemon Sauce Alt: Grilled Chicken Breast Egg Noodles Broccoli & Red Peppers Orange	Chicken Fricassee Garlic Mashed Potatoes California Blend Vegetables Fruit Cocktail	Beef Stuffed Cabbage Yellow Rice Sauteed Spinach Apple	Baked Tilapia w/ Garlic Crumb Crust Alt: Turkey Meatballs Roasted Brussels Sprouts O'Brien Potatoes Tangerine	Braised Beef Tips Alt: Italian Roast Chicken Rice Pilaf Winter Blend Vegetables Canned Pears Cake & Ice Cream	Stewed Pork Chops Alt: Garlic Chicken Baked Sweet Potato Capri Blend Vegetables Honeydew
15	16	17	18	19	20
BBQ Beef Ribs Alt: Pork Spare Ribs Garlic & Rosemary Roasted Potatoes Cucumber Tomato Salad Sliced Canned Peaches	Baked Chicken Quarters Brown Gravy White Rice Asian Cabbage Banana	Hungarian Goulash w/ Beef Egg Noodles Italian Cut Green Beans Tangerine	Teriyaki Baked Tilapia Alt: Eggplant Parmesan w/ Ricotta Yellow Rice California Blend Vegetables Orange	BBQ Pulled Pork Alt: BBQ Chicken Leg Quarters Baked Macaroni & Cheese Sweet & Tangy Sauteed Collard Green Cantaloupe	Pepper Flank Steak Alt: Chicken Chunks w/ Red Sauce Orzo Italian Blend Vegetables Apple
22	23	24	25	26	27
Baked Flounder w/ Cream Sauce Baked Sweet Potato Boiled Southern Greens Canned Mandarins Cake & Ice Cream	Center Closed Martin Luther King Jr Holiday Centers that are open: Clinton, Coffeehouse & Hamilton	Meatballs in Tomato Sauce Spaghetti Baby Spinach Salad Tangerine	Baked Salmon Alt: Baked Chicken Quarters Brown Rice w/ Pigeon Peas Broccoli & Red Peppers Canned Pineapple	Homemade Roast Pork (Spanish Style) Alt: (Spanish Style) Baked Chicken Homemade Mashed Potatoes Steamed Carrots Orange Cake & Ice Cream	Swiss Steak w/ Onions Alt: Honey Mustard Chicken Breast Baked Potatoes Cabbage Carrot Slaw Banana
29	30	31			
Baked Sea Bass Alt: Cheeseburger Deluxe w/ Onions / Hamburger Bun Yellow Rice Normandy Blend Grapefruit	Garlic Chicken O'Brien Potatoes Steamed Kale Canned Apricots	Beef Lasagna Whole Wheat Dinner Roll Garden Salad Cantaloupe			