



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 pm to 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

February 2019

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Funded Under Contract with the NYC Department for the Aging

Menu Subject to Change

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3
			Baked Flounder Alt: Arroz Con Pollo "Chicken Breast & Rice" Orzo Steamed Corn on the Cob Steamed Spinach Orange	Homemade Beef Salisbury Steak Alt: Orange Chicken w/ Rosemary Brown Rice Steamed Green Beans Pear	Pernil (Roasted Pork Shoulder) Alt: Hawaiian Chicken Legs Baked Sweet Potato Collard Greens Apple
5	6	7	8	9	10
Salmon in Garlic Butter Sauce Alt: Sweet & Sour Meatballs Pasta w/ Sweet Peas Kale w/ Tomato Orange	BBQ Chicken Leg Quarters Baked Sweet Potato Steamed Green Beans Canned Pineapple Fruited Jello	Cheeseburger Deluxe w/ Onions Lettuce & Tomato Mixed Green Salad Roasted Sweet Potato Fries Canned Mandarins	Baked Sea Bass w/ Cream Sauce Pasta Sautéed Zucchini Cantaloupe	Pork Loin w/Gravy Chicken w/ Peach Sauce Yellow Rice & Pigeon Peas Winter Blend Vegetables Blended Juice & Cupcake & Ice Cream	Beef Meatloaf Alt: Rosemary Chicken Garlic Mashed Potatoes Steamed Spinach Orange
12	13	14	15	16	17
Spanish Style Beef Stew Brown Rice w/ Beans Sautéed Spinach Cantaloupe	Chicken Parmesan w/ Sautéed - Onions & Garlic Spaghetti Italian Cut Green Beans Canned Mandarins	Beef Salisbury Steak w/ Mushroom Sauce Homemade Mashed Potatoes Baby Carrots w/ Parsley Pear	Center Closed Lincoln's Birthday Centers that are open: Coffeehouse & Hamilton	Veal Stew Alt: Sweet & Sour Chicken Thighs White Rice Steamed Cauliflower Orange	Beef Meatloaf Alt: Baked Mushroom Chicken Egg Noodles Italian Blend Vegetables Cantaloupe
19	20	21	22	23	24
Center Closed President's Day Centers that are open: Coffeehouse & Hamilton	Chicken Fricassee Garlic Mashed Potatoes California Blend Vegetables Fruit Cocktail	Beef Stuffed Cabbage Yellow Rice Sautéed Spinach Apple	Baked Tilapia w/ Garlic Crumb Crust Alt: Turkey Meatballs O'Brien Potatoes Roasted Brussels Sprouts Tangerine	Pot Roast Alt: Italian Roast Chicken Rice Pilaf California Blend Vegetables Orange Juice & Pumpkin Pie	Stewed Pork Chops Alt: Garlic Chicken Baked Sweet Potato Capri Blend Vegetables Honeydew
26	27	28			
BBQ Beef Ribs Alt: Pork Spare Ribs Garlic & Rosemary Roasted Potatoes Cucumber Tomato Salad Sliced Canned Peaches	Baked Chicken/Brown Gravy White Rice Asian Cabbage Banana	Hungarian Goulash w/ Beef Egg Noodles Italian Cut Green Beans Tangerine			

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