



Project FIND Woodstock Senior Center  
 127 West 43rd Street  
 New York, NY 10036  
 (212)575-0693, Fax 212-302-8239

# 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

# May 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
	<b>1</b> Spanish Chicken w/ Potatoes and Garlic Corn California Blend Vegetables Fruit Cocktail	<b>2</b> Beef Stuffed Cabbage Yellow Rice Sautéed Spinach Apple	<b>3</b> Baked Tilapia w/ Garlic Crumb Crust Alt: Turkey Meatballs O'Brien Potatoes Roasted Brussel Sprouts Tangerine	<b>4</b> Braised Beef Tips Alt: Italian Roast Chicken Rice Pilaf Winter Blend Vegetables Canned Pears	<b>5</b> Stewed Pork Chops Alt: Garlic Chicken Baked Sweet Potato Capri Blend Vegetables Honey Dew
<b>7</b> Baked Flounder w/ Sweet and Sour Sauce Alt: Deluxe Cheeseburger w/ Onions Yellow Rice Normandy Blend Grapefruit	<b>8</b> Garlic Chicken O'Brien Potatoes Steamed Kale Canned Apricots	<b>9</b> Beef Lasagna Whole Wheat Dinner Roll Garden Salad Cantaloupe	<b>10</b> Baked Flounder Alt: Arroz con Pollo Chicken Breast and Rice Orzo Steamed Spinach Orange	<b>11</b> Homemade Beef Salisbury Steak Alt: Orange Chicken w/ Rosemary Brown Rice Steamed Green Beans Pear	<b>12</b> Pernil (Roasted Pork Shoulder) Alt: Hawaiian Chicken Legs Baked Sweet Potato Collard Greens Apple
<b>14</b> Baked Tilapia w/ Cream Sauce Baked Sweet Potato Boiled Southern Greens Canned Mandarin Oranges	<b>15</b> Turkey Leg w/Brown Gravy Yellow Rice Italian Cut Green Beans Cantaloupe	<b>16</b> Beef Meatballs in Tomato Sauce Spaghetti Baby Spinach Salad Tangerine	<b>17</b> Baked Salmon Alt: Baked Chicken Quarters Brown Rice w/ Pigeon Peas Broccoli and Red Peppers Canned Pineapple	<b>18</b> Homemade Roast Pork Spanish Style Alt: Spanish Style Baked Chicken Homemade Mashed Potatoes Steamed Carrots Orange	<b>19</b> Swiss Steak w/ Onions Alt: Rosemary Chicken Baked Potatoes Cabbage Carrot Slaw Banana
<b>21</b> Pork Spare Ribs Alt: Spanish Style Baked Cod Israeli Salad Sliced Canned Peaches	<b>22</b> Baked Chicken Quarters/Brown gravy White Rice Asian Cabbage Banana	<b>23</b> Beef Stuffed Peppers Egg Noodles Italian Cut Green Beans Tangerine	<b>24</b> <b>Center Closed for Memorial Day</b>  <b>Centers that are open:</b> <b>Clinton, Coffeehouse &amp; Hamilton</b>	<b>25</b> BBQ Pulled Pork Alt: BBQ Chicken Leg Quarters Baked Macaroni and Cheese Sweet and Tangy Sautéed Collard Greens Cantaloupe	<b>26</b> Pepper Flank Steak Alt: Chicken Chunks w/ Red Sauce Orzo Italian Blend Vegetables Apple
<b>28</b> Salmon in Garlic Butter Sauce Alt: Sweet and Sour Meatballs Pasta w/ Sweet Peas Kale w/ Tomato Pear	<b>29</b> BBQ Chicken Leg Quarters Baked Sweet Potato Sautéed Broccoli w/ Mushrooms Pearl Canned Pineapple Fruited Jell-O	<b>30</b> Deluxe Cheeseburger w/ Onions Whole Wheat Hamburger Bun Lettuce and Tomato Mixed Green Salad Roasted Sweet Potato Fries Watermelon	<b>31</b> Baked Tilapia w/ Cream Sauce Pasta Sautéed Zucchini Cantaloupe		

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