



Project FIND Woodstock Senior Center
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www.projectfind.org

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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

September 2019

Funded Under Contract with the NYC Department for the Aging

Menu Subject to Change

| Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|--|---|
| | | | | | 1 Stewed Pork Chops Alt: Garlic Chicken Baked Sweet Potato Capri Blend Vegetables Honeydew |
| 3 Center Closed for Labor Day Center that are open are: Coffeehouse, Clinton and Hamilton | 4 Oven Fried Chicken Yellow Rice Baby Carrots w/ Parsley Watermelon | 5 Salisbury Steak Egg Noodles Italian Cut Green Beans Tangerine | 6 Baked Turkey Breast Hamburger Bun Plain Potato Salad Mixed Green Salad Orange | 7 (Casino Party) Beef Stew Alt: Baked Chicken Garlic Mashed Potatoes Mixed Vegetable Cantaloupe Cupcake | 8 Smothered Pork Chops Alt: Italian Roast Chicken Cuban Style Brown Rice Italian Blend Vegetables Apple |
| 10 Baked Salmon Oreganata Alt: Homemade Turkey Burger Yellow Rice Normandy Blend Grapefruit | 11 Stewed Chicken Breast O'Brien Potatoes Steamed Kale Fresh Apricots | 12 Beef Lasagna Whole Wheat Dinner Roll Garden Salad Cantaloupe | 13 Baked Flounder Lemon Chicken Orzo Steamed Spinach Orange | 14 Swiss Steak w/ Onions Alt: Orange Chicken w/ Rosemary Brown Rice Steamed Green Beans Apple | 15 Herbed Loin Pork Alt: Hawaiian Chicken Legs Baked Sweet Potato Collard Greens Pear |
| 17 Salmon in Garlic Butter Sauce Alt: Sweet & Sour Meatballs Pasta w/ Sweet Peas Kale with Fresh Tomato Fresh Pineapple | 18 BBQ Chicken Leg Baked Sweet Potato Sauteed Broccoli w/ Mushroom & Onions Fruited Jello Pear | 19 Cheeseburger Deluxe with Onions Whole Wheat Hamburger Bun Roasted Sweet Potato Fries Lettuce & Tomato Mixed Green Salad Watermelon | 20 Baked Tilapia w/ Cream Sauce Pasta Sauteed Zucchini Cantaloupe | 21 (Hispanic Hertiage Month Celebration) Stewed Pork Chops Alt: Chicken with Peach Sauce Yellow Rice & Pigeon Peas Capri Blend Vegetables Grapefruit Apple Pie | 22 Beef Meatloaf Alt: Garlic Chicken Garlic Mashed Potatoes Steamed Spinach Orange |
| 24 Yankee Pot Roast Brown Rice w/ Beans Sauteed Spinach Cantaloupe | 25 Chicken Parmesan w/ Onions & Garlic Penne California Blend Vegetables Peach | 26 Salisbury Steak w/Mushroom Sauce Homemade Mashed Potatoes Garden Salad Ambrosia Fruit Salad Fresh Pineapple Cake | 27 Baked Sea Bass w/ Garlic Crumb Crust Garlic & Rosemary Roasted Potatoes Roasted Broccoli Honeydew | 28 Ham Alt: Sweet & Sour Chicken Thighs Baked Sweet Potato Carrots & Raisins Orange | 29 Stewed Beef Baked Mushroom Chicken Egg Noodles Kale & Lemon Plum |

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