



Project FIND Clinton Senior Center  
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# Lunch Menu

## March 2019

Lunch is served Monday to Friday 12:00 -1:00 PM  
 Bread, Milk and Coffee or Tea Served Daily

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Fish with Garlic Sauce Penne Broccoli with Toasted Garlic Tangerine Cupcake 
4	5	6	7	8
Turkey Leg Mashed Sweet Potatoes Steamed Cauliflower Orange Cup Cake	Basic Shepherd's Pie Cucumber Salad Grapefruit	Spanish Style Beef Stew Rice and Beans Normandy Blend Banana	Oven Fried Chicken Baked Macaroni and Cheese Steamed Kale Cantaloupe	Stewed Codfish (Bacalao Fresco Guisado) Corn Stewed Okra and Tomatoes Apple
11	12	13	14	15
Baked Asian Style Honey Chicken Brown Rice Asian Cabbage Pear	Breaded Pork Loin Egg Noodles Romaine, Carrot Beet and Chickpea Salad Orange	Beef and Broccoli White Rice Mixed Green Salad Strawberries	Stuffed Peppers with Turkey O'Brien Potatoes Boiled Southern Greens Nectarine	Baked Salmon with Cilantro Sauce Pasta Salad Sautéed Bok Choy with Garlic Orange Green Jell-O 
18	19	20	21	22
Baked Breaded Pork Chops O'Brien Potatoes Steamed Broccoli Banana	BBQ Beef Ribs Yellow Rice Baby Spinach Salad Orange	Jumbo Stuffed Shells with Meat Sauce Normandy Blend Banana	Chicken and Broccoli Stir Fry White Rice Steamed Broccoli Orange	Baked Salmon Fettuccini with Sauce Carrots Cantaloupe
25	26	27	28	29
Spanish Style Beef Stew Rice Pilaf California Blend California Blend Vegetables Banana	Baked Tilapia Fish with Garlic Sauce Baked Potatoes Broccoli and Red Peppers Orange	Sofrito Steak White Rice Oriental Blend Grapefruit	Oven Fried Chicken Homemade Mashed Potatoes Mixed Green Salad Tangerine	Salmon in Garlic Butter Sauce Bowtie Pasta Steamed Broccoli Orange Cake 