



Project FIND Coffeehouse Senior Center
 331 W 42nd St (btw 8th & 9th Aves), New York, NY 10036
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Lunch Menu

March 2019

Lunch is served Monday to Friday from 12:00pm - 1:30pm
 Milk and Bread Served with Meal

Funded Under Contract with the NYC Department for the Aging

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Baked Fish w/ Cream Sauce Yellow Rice and Pigeon Peas Garden Salad Orange
4	5	6	7	8
Homemade Veal Burger Baked Potatoes Steamed Kale Apple	Beef Lasagna Baby Spinach Salad honeydew	Stuffed Cabbage w/ Beef Yellow Rice Italian Blend Vegetables Tangerine	Oven Fried Chicken Homemade Mashed Potatoes Steamed Green Beans Canned Pineapples	Lemon Salmon Baked Sweet Potato Steamed Broccoli Orange
11	12	13	14	15
Beef Salisbury Steak w/ Mushroom Sauce Homemade Mashed Potatoes Sautéed Spinach/ Orange	Chicken w/ Peach Sauce Penne Winter Blend Vegetables Pear	Baked Ziti with Meat Sauce Garden Salad Cantaloupe	Sweet and Sour Chicken Yellow Rice Sautéed String Beans Tangerine	Baked Marinated Cod Baked Sweet Potato California Blend Vegetables Apple
18	19	20	21	22
Beef and Broccoli White Rice Baby Carrots w/ Parsley Sliced Canned Peaches	Cranberry Chicken Homemade Mashed Potatoes Steamed Broccoli Banana	Oven Baked Pork Chops Alt: Baked Flounder Yellow Rice Steamed Kale/ Orange	BBQ Chicken Leg Quarters Baked Potatoes Steamed Green Beans Apple	Salmon in Garlic Butter Sauce Bowtie Pasta Collard Greens Canned Pineapples
25	26	27	28	29
Chili con Carne White Rice Garden Salad Orange	BBQ Chicken Leg Quarters Baby Spinach Salad Corn and Red Peppers Honeydew	BBQ Pulled Pork Cole Slaw French Fries Hamburger Bun Apple	Oven Fried Chicken Baked Macaroni and Cheese Braised Collard Greens Canned Mandarin Oranges	Spinach Stuffed Flounder Yellow Rice California Blend Vegetables Pear