



Project FIND Hamilton Senior Center  
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# Dinner Menu

Dinner Served from 4:30-6:00pm  
 Bread, Milk and Coffee or Tea Served Daily  
 Voluntary Contribution of \$2.00

# March 2019

Funded Under Contract with the NYC Department for the Aging (DFTA)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 Turkey Leg <b>Alt: Chickpea Stew</b> Baked Brown Rice Pilaf Baby Carrots with Parsley Apple Orange Pineapple Juice
	4	5	6	7	8
No Dinner	Turkey Leg <b>Alt: Beef Pot Roast</b> Baked Sweet Potatoes Sautéed Spinach Cantaloupe Orange Pineapple Juice	Tilapia with Mushrooms, Peppers and Tomatoes <b>Alt: Salad Bar</b> Orzo Sautéed Mustard Greens Apple Juice Banana	BBQ Beef Ribs <b>Alt: Vegetable Lasagna</b> Cous Cous Chinese Style Bok Choy Kiwi Pineapple Juice	Veal Stew <b>Alt: Salad Bar</b> Cauliflower and Potato Mash Italian Blend Vegetables Grape Juice Unsweetened Orange	Chicken Jambalaya <b>Alt: Baked Ziti with Cheese</b> Tangy Green Beans Apple Orange Juice
	11	12	13	14	15
No Dinner	Baked Breaded Pork Chips <b>Alt: Turkey with Gravy</b> Cous Cous Steamed Green Beans Apple Grape Juice Unsweetened	Veal Stew <b>Alt: Salad Bar</b> Brown Rice Steamed Spinach Cantaloupe Orange Juice	Beef Pot Roast <b>Alt: Vegetable Lasagna</b> Baked Macaroni and Cheese Steamed Broccoli and Cauliflower Banana Orange Pineapple Juice	Chicken Fajitas <b>Alt: Salad Bar</b> Yellow Rice Steamed Kale Apple Juice Kiwi	Apricot Glazed Salmon <b>Alt: Eggplant Parmesan</b> Orzo Italian Blend Vegetables Grapefruit Pineapple Juice
	18	19	20	21	22
No Dinner	Baked Tilapia <b>Alt: Bean Burrito with Whole Wheat Tortilla</b> Green Bean Sauté Roasted Potatoes Pear Pineapple Juice	Chicken Cacciatore <b>Alt: Salad Bar</b> Yellow Rice Italian Blend Vegetables Apple Orange Juice	Sweet Orange Salmon <b>Alt: Homemade Turkey Burger</b> Garlic and Rosemary Roasted Potatoes Steamed Spinach Banana Grape Juice Unsweetened	Beef Salisbury Steak w/ Mushroom Sauce <b>Alt: Salad Bar</b> Parmesan Rosemary Mashed Potatoes Roasted Zucchini Apple Juice Orange	BBQ Pork Chops <b>Alt: Chicken Stir Fry with Vegetables</b> White Rice Baby Carrots with Parsley Canned Apricots Orange Pineapple Juice
	25	26	27	28	29
No Dinner	Hungarian Goulash with Beef <b>Alt: Broccoli Cheese Quesadilla</b> Egg Noodles Sautéed Zucchini Apple Orange Juice	Baked Salmon with Cilantro Citrus Sauce <b>Alt: Salad Bar</b> Orzo Baby Carrots With Parsley Grape Juice Unsweetened Orange	Baked Asian Style Honey Chicken <b>Alt: Veal Stew</b> White Rice Green Bean Sauté Bean Banana Pineapple Juice	Turkey Leg <b>Alt: Salad Bar</b> Baked Macaroni and Cheese Sautéed Spinach Kiwi Apple Juice	Teriyaki Beef <b>Alt: Vegetable Ratatouille</b> Brown Rice with Pigeon Peas Braised Collard Greens Cantaloupe Orange Pineapple Juice