



Project FIND Hamilton Senior Center
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Lunch Menu

Lunch Served from 11:00-12:30pm
 Bread, Milk and Coffee or Tea Served Daily
 Voluntary Contribution of \$1.75

March 2019

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

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 Arroz con Pollo Chicken Breast and Rice Alt: Basil Quinoa Stuffed Peppers Baked Sweet Potato Steamed Red or Green Cabbage Pear
3 Pineapple Glazed Salmon ALT: Chinese Style Pepper Steak Brown Rice with Pigeon Peas Chinese Style Bok Choy Orange	4 Pork Spare Ribs Alt: Baked Ziti with Meat Sauce Yellow Rice California Blend Vegetables Orange	5 Italian Roast Chicken Alt: Broccoli Cheese Quesadilla Creamy Spinach Steamed Corn on the Cob Grapefruit	6 Salmon in Garlic Butter Sauce Alt: Turkey Meatloaf with Mushroom Gravy Baked Macaroni and Cheese Broccoli and Red Peppers Apple	7 Pernil (Roasted Pork Shoulder) Alt: Bean Burrito with Whole Wheat Tortilla Baby Carrots with Parsley Red Bliss Potatoes Banana	8 Eggplant Parmesan Alt: Lemon Garlic Tilapia Bowtie Pasta Collard Greens with Tomato Tangerine
10 Beef Pot Roast Alt: Chicken and Broccoli Stir Fry Brown Rice Normandy Blend Cantaloupe	11 Grilled Caribbean Chicken Breast Alt: Baked Fish with Cream Sauce Baked Sweet Potatoes Zucchini and Peas Orange	12 Beef Lasagna Alt: Eggplant Parmesan Bowtie Pasta Capri Blend Vegetables Kiwi	13 St Patrick's Day Party Corned Beef Alt: Roasted Chicken Soda Bread Cabbage Boiled Potatoes Pineapple Juice Apple Pie	14 Ginger Sherry Pork Chops Alt: Broccoli Cheese Quesadilla Cous Cous Sautéed String Beans Tangerine	15 Yankee Pot Roast Alt: Baked Breaded Fish Pasta Steamed Red or Green Cabbage Banana
17 Sunny Mediterranean Chicken Alt: Turkey Chili with Sweet Potatoes and Corn Brown Rice Steamed Kale Cantaloupe	18 Eggplant Parmesan Alt: Curried Chicken Legs Pasta Steamed Red or Green Cabbage Banana	19 Homemade Roast Pork Spanish Style Alt: Turkey Meatloaf with Mushrooms and Peppers Brown Rice Brussel Sprouts Tangerine	20 Beef and Broccoli Alt: Vegetable Lasagna White Rice Kale with Tomato Cantaloupe	21 Chicken Parmesan Alt: Baked Fish Oreganata Bowtie Pasta Broccoli and Red Peppers Pear	22 Ginger Garlic Beef Stew Alt: Turkey leg White Rice Normandy Blend Apple
24 Baked Salmon with Cilantro Citrus Sauce Alt: Grilled Maple Chipotle Pork Chops Orzo Creamed Spinach Orange	25 Stewed Pork Chops Alt: Baked Fish with Sweet and Sour Sauce Italian Cut Green Beans Sweet Baked Yams Banana	26 Beef Salisbury Steak with Mushroom Sauce Alt: Basil Quinoa Stuffed Peppers Yellow Rice Steamed Kale Kiwi	27 Eggplant Parmesan Alt: Spanish Style Catfish Bowtie Pasta Garlicky Boiled Vegetables Cantaloupe	28 Chicken Jambalaya Alt: Stuffed Shells with Cheese Winter Blend Vegetables Tangerine	29 Ginger and Lime Salmon Alt: Beef Stuffed Cabbage Red Bliss Potatoes Roasted Broccoli Apple
31 Orange Glazed Chicken Breast Alt: Vegetable Lasagna Brown Rice Italian Blend Vegetables Grapefruit					