



Project FIND Hamilton Senior Center
 141 West 73rd Street
 New York, NY 10023
 212-787-7710, Fax 212-580-1092
 E-mail: mbowen@projectfind.org

Salad Menu

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

March 2019

www.projectfind.org
<https://twitter.com/FINDaid>
<http://facebook.com/projectfind>

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

SALAD BAR					
	March 5, 2019	March 12, 2018	March 19, 2019	March 26, 2019	
Tuesday	Pork Loin Salad (Red Bliss Potato) Beans (Black) Tomatoes (Cherry) Cucumbers Mushrooms Bean Sprouts Cheese (Cheddar)	Roasted Chicken Salad (Corn) Spinach Beans (Pink) Mushrooms Carrots (Shredded) Peppers (Red/Orange) Tomatoes (Cherry) Sliced Strawberry, Grapes	Roast Beef Salad (Corn) Lettuce (Romaine) Beans (Pinto) Spinach Tomatoes (Cherry) Onion (Green or Red) Peppers (Red/ Orange) Cheese (White Cheddar)	Teriyaki Chicken Salad (Potato) Beans (Pink) Lettuce (Romaine) Carrots (Shredded) Cabbage (Red) Onion (Green or Red) Hard - Boiled Egg Tomatoes (Cherry)	
	March 7, 2019	March 14, 2019	March 21, 2019	March 28,2019	
Thursday	Grilled Chicken Salad (Macaroni) Kale Beans (Red Kidney) Diced Apples (Red or Green) Edamame Peppers (Red/Orange) Onions Hard-Boiled Egg	Fresh Tuna Fish Salad (Orzo) Cabbage (Red) Beans (Chickpeas) Cucumbers Peppers (Red/Orange) Tomatoes (Cherry) Sliced Strawberry , Grapes Carrots (Shredded) Onions (Green or Green)	Pork Loin Salad (Macaroni) Spinach Edamame Tomatoes (Cherry) Cucumbers Onions (Green or Red) Sliced Beets Hard- Boiled Egg	Fresh Tuna Fish Salad (Corn) Macaroni (Spirals) Lettuce (Chard) Beans (Pinto) Tomatoes (Cherry) Sliced Strawberry, Grapes Onions (Green or Red) Cheese (Cheddar)	