



Project FIND Woodstock Senior Center
 127 West 43rd Street
 New York, NY 10036
 (212)575-0693, Fax 212-302-8239

Lunch Menu

Lunch Served Tuesday to Sunday from 12:00 - 1:30 pm
 Bread, Milk and Coffee or Tea Served Daily
 SERVED WITH ALL MEALS

Suggested Contribution: \$1.75

Fresh Fruit can be requested in place of any dessert

March 2019

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Funded Under Contract with the NYC Department for the Aging

Menu Subject to Change

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3
			Teriyaki Tilapia Fish Alt: Eggplant Parmesan w/Ricotta Yellow Rice California Blend Vegetables Orange	BBQ Pulled Pork Alt: BBQ Chicken Leg Quarters Baked Macaroni and Cheese Sweet and Tangy Sautéed Collard Cantaloupe	Pepper Flank Steak Alt: Chicken Chunks w/Red Sauce Italian Blend Vegetables Apple
5	6	7	8	9	10
Baked SeaBass w/Cream Sauce Baked Sweet Potato Boiled Southern Greens Canned Mandarins oranges	Turkey Leg w/Brown Gravy Yellow Rice Italian Cut Green Beans Cantaloupe	Beef Meatballs in Tomato Sauce Spaghetti Baby Spinach Salad Tangerine	Baked Salmon Alt: Chicken Brown Rice w/ Pigeon Peas Broccoli and Red Peppers Canned Pineapple	Homemade Roast Pork Spanish Style Alt: Spanish Style Baked Chicken Mashed Potatoes Steamed Carrots Orange	Swiss Steak w/Onions Alt: Honey Mustard Chicken Breast Baked Potatoes Cabbage Carrot Slaw Banana
12	13	14	15	16	17
Baked Tilapia Alt: Deluxe Cheeseburger w/Onions Yellow Rice Normandy Blend Grapefruit	Garlic Chicken O'Brien Potatoes Steamed Kale Canned Apricots	Beef Lasagna Garden Salad Cantaloupe Cake	Baked Flounder Alt: Arroz con Pollo/Chicken Breast and Rice Orzo Steamed Corn on the Cob Orange	Corn Beef Alt: Roasted Chicken Boiled Potatoes Cabbage Green Apple	Pernil (Roasted Pork Shoulder) Alt: Hawaiian Chicken Legs Baked Sweet Potato Collard Greens Apple
19	20	21	22	23	24
Salmon in Garlic Butter Sauce Alt: Sweet and Sour Meatballs Pasta w/ Sweet Peas Kale with Tomato Orange	BBQ Chicken Leg Quarters Baked Sweet Potato Steamed Green Beans Canned Pineapple Fruited Jell-O	Deluxe Cheeseburger w/Onions Roasted Sweet Potato Fries Mixed Green Salad Canned Mandarins	Baked Tilapia w/Cream Sauce Pasta Sautéed Zucchini Cantaloupe	Chicken w/Peach Sauce Alt: Baked Pork Yellow Rice and Pigeon Peas Steamed Broccoli Grapefruit	Beef Meatloaf Alt: Rosemary Chicken Garlic Mashed Potatoes Steamed Spinach Orange
26	27	28	29	30	31
Spanish Style Beef Stew Brown Rice w/Beans Sautéed Spinach Cantaloupe	Chicken Parmesan w/Sautéed Onions and Garlic Spaghetti Italian Cut Green Beans Canned Mandarins Oranges	Beef Salisbury Steak w/Mushrooms Sauce Homemade Mashed Potatoes Baby Carrots w/ Parsley Pear	Spinach Stuffed Flounder Broccoli and Red Peppers Garlic and Rosemary Roasted Potatoes Canned Pineapple	Cajun Style Pepper Steak Alt: Chicken Jambalya Rice and Red Beans Tasty Collard Greens Apple Juice Cup Cake & Ice Cream	Beef Meatloaf Alt: Baked Mushrooms Chicken Egg Noodles Italian Blend Vegetables Cantaloupe