

December - Menu

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING
MENU SUBJECT TO CHANGE * MILK, JUICE & BREAD SERVED WITH ALL LUNCHES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SALISBURY STEAK BOWTIE PASTA ROASTED BROCCOLI APPLE	4 PERNIL (ROASTED PORK SHOULDER) ROASTED POTATOES COLLARD GREENS BANANA	5 BROCCOLI CHEESE QUESADILLA BABY SPINACH ROASTED PEPPERS CANNED PINEAPPLES	6 BBQ CHICKEN COUSCOUS W/PEAS AND LEMON BRUSSEL SPROUTS ORANGE	7 BAKED FISH W/GARLIC SAUCE RED BLISS POTATOES SAUTEED SPINACH KIWI
10 CHICKEN CHUNKS WITH RED SAUCE BOWTIE PASTA ZUCCHINI ORANGE	11 ITALIAN SAUSAGE BAKED POTATOES SAUTEED ONIONS & PEPPERS TOSSED SALAD	12 TURKEY CHEESE BURGER BAKED KIDNEY & BLACK BEANS MIXED GREEN SALAD CANTALOUPE	13 BEEF STIR FRY WHITE RICE BROCCOLI AND PEPPERS BANANA	14 MINISTRONE SOUP BAKED TILAPIA AMANDINE COUSCOUS W/PEAS & LEMON CAULIFLOWER W/CARROTS & PARSLEY CANNED MANDARINS
17 BAKED CHICKEN ROASTED POTATOES ZUCCHINI & PEAS APPLE	18 VEGGIE BAKED ZITI W/WHOLE WHEAT PASTA BABY CARROTS & PARSLEY ORANGE	19 ITALIAN ROASTED PORK TENDERLOIN BAKED RED POTATO WEDGES STRING BEANS KIWI	20  Holiday Party BAKED CHICKEN OR BAR B QUE RIBS CABBAGE RICE W/GRAVY EGG NOG APPLE PIE	21 BAKED BREADED FISH BROWN RICE W/ MUSHROOMS SAUTEED SPINACH ORANGE
24 BAKED CHICKEN QUARTERS ROASTED POTATOES ZUCCHINI & PEAS APPLE	25  Christmas Day Center Closed	26 ITALIAN ROASTED PORK TENDERLOIN BAKED POTATO WEDGES STRING BEANS KIWI	27 CHICKEN PARMESEAN W/ SAUTEED ONIONS BOWTIE PASTA BROCCOLI W/ TOASTED GARLIC BANANA	28 BAKED BREADED FISH BROWN RICE W/MUSHROOMS SPINACH ORANGE
31 TURKEY MEATBALLS SPAGHETTI GREEN BEANS KIWI				