

# January - 2018

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING  
MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>  <p><b>NEW YEAR'S DAY!</b> CENTER CLOSED</p>	<p>2</p> <p><b>BEEF/TURKEY MEATBALLS W/PASTA &amp; SAUCE</b> SPINACH, TOMATO, ONION SALAD PEACHES</p>	<p>3</p> <p><b>STEWED PORK CHOPS</b> MASHED SWEET POTATOES APPLE</p>	<p>4</p> <p><b>CHICKEN &amp; BROCCOLI STIR FRY</b> LOW MEIN BANANA</p>	<p>5</p> <p><b>BAKED TILAPIA</b> CARROT, ZUCCHINI &amp; SQUASH BLEND RED BLISS POTATOES ORANGE</p>
<p>8</p> <p><b>BLACK BEAN BURGER</b> SAUTEED ONIONS &amp; PEPPERS ARUGULA SALAD ROASTED POTATOES ORANGE</p>	<p>9</p> <p><b>ARROZ CON POLLO (CHICKEN BREAST &amp; RICE)</b> KALE &amp; TOMATO APPLE</p>	<p>10</p> <p><b>BAKED ZITI W/MEAT SAUCE</b> MIXED GREEN SALAD CANTALOUPE</p>	<p>11</p> <p><b>BAKED CHICKEN</b> ASIAN CABBAGE BAKED SWEET POTATO BANANA</p>	<p>12</p> <p><b>BAKED SALMON W/CILANTRO CITRUS SAUCE</b> BROWN RICE CALIFORNIA BLEND VEGGIES PEAR</p>
<p>15</p>  <p><b>MLK</b> CENTER CLOSED</p>	<p>16</p> <p><b>BAKED PORK</b> COLLARD GREENS ROASTED POTATOES APPLE</p>	<p>17</p> <p><b>BEEF LASAGNA</b> BROCCOLI &amp; RED PEPPERS BANANA</p>	<p>18</p> <p><b>BBQ CHICKEN LEGS</b> CALIFORNIA BLEND VEGGIES GARLIC MASHED POTATOES ORANGE</p>	<p>19</p> <p><b>PARMESEAN BAKED TILAPIA</b> WHOLE WHEAT PASTA PRIMAVERA BABY CARROTS W/PARSLEY PEAR</p>
<p>22</p> <p><b>STEWED CHICKEN BREAST</b> BROWN RICE W/ MUSHROOMS SAUTEED SPINACH ORANGE</p>	<p>23</p>  <p><b>BBQ CHICKEN</b> MAC &amp; CHEESE STEAMED GREEN BEANS GRAPE JUICE CANNED MANDARINS</p>	<p>24</p> <p><b>BEEF STIR FRY</b> WHITE RICE ROASTED BROCCOLI CANTALOUPE</p>	<p>25</p> <p><b>VEGETABLE BIRYANI W/CHICKPEAS</b> MIXED GREEN SALAD BANANA</p>	<p>26</p> <p><b>BAKED TILAPIA</b> AMANDINE COUSCOUS W/PEAS AND LEMON CABBAGE CARROT SLAW PEAR</p>
<p>29</p> <p><b>BAKED ZITI W/ CHEESE</b> TOSSED SALAD ORANGE</p>	<p>30</p> <p><b>BAKED CHICKEN</b> BROWN RICE W/ BEANS BAKED SWEET POTATOES SAUTEED SPINACH APPLE</p>	<p>31</p> <p><b>ITALIAN ROASTED PORK TENDERLOIN</b> ROWN RICE W/ MUSHROOMS CARROT SALAD CANTALOUPE</p>		