

January - Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1  CENTER CLOSED	2 BROCCOLI CHEESE QUESADILLA CORN & RED PEPPERS FRUIT COCKTAIL	3 APRICOT GLAZED SALMON YELLOW RICE SAUTEED ZUCCHINI TANGERINE
6 VEGETARIAN LASAGNA BABY SPINACH SALAD FRUIT COCKTAIL	7 STEWED PORK CHOP MASHED SWEET POTATOES WINTER BLEND VEGETABLES APPLE	8 DELUXE CHEESEBURGER W/ONIONS GREEN BEAN SALAD ROASTED POTATOES CANNED MANDARINS	9 CHICKEN & BROCCOLI STIR FRY LO MEIN ORIENTAL BLEND VEGETABLES BANANA	10 BAKED FLOUNDER BROCCOLI W/ TOASTED GARLIC RED BLISS POTATOES ORANGE
13 ARROZ CON POLLO (CHICKEN BREAST & RICE) KALE W/TOMATO APPLE	14 BEEF & BROCCOLI LO MEIN MUSTARD GREENS ORANGE	15 TURKEY BURGER BABY SPINACH SALAD ROASTED POTATOES CANNED MANDARINS	16 ITALIAN STYLED PORK LOIN BROWN RICE BRUSSEL SPROUTS W/KALE BANANA	17 BAKED BREADED FISH BAKED POTATOES CALIFORNIA BLEND VEGETABLES TANGERINE
20 OFFICE CLOSED Martin Luther King Day 	21 PERNIL (ROASTED PORK SHOULDER) BROWN RICE COLLARD GREENS CANNED PINEAPPLES	22 BROCCOLI CHEESE QUESADILLA ROASTED PEPPERS SAUTEED SPINACH BANANA	23 BBQ CHICKEN LEG WHITE RICE CALIFORNIA BLEND VEGETABLES ORANGE	24 BAKED FISH W/GARLIC SAUCE BROCCOLI & RED PEPPERS CANNED APRICOTS
27 CHICKEN CHUNKS W/RED SAUCE BOWTIE PASTA SAUTEED SPINACH CANNED MANDARINS	28 SOFT TACOS W/BLACK BEANS MIXED VEGGIES YELLOW RICE SAUTEED ONIONS & PEPPERS FRUIT CUP	29 SPAGHETTI W/TURKEY MEAT SAUCE MIXED GREEN SALAD ORANGE	30 BEEF STIR FRY WHITE RICE ROASTED BROCCOLI BANANA	31 BAKED FISH FILLET BAKED RED POTATO WEDGES CAULIFLOWER & PARSLEY APPLESAUCE