

# MAY - 2019

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
		1 BROCCOLI/CHEESE QUESADILLA ROASTED PEPPERS SAUTEED SPINACH BANANA	2 BBQ CHICKEN LEG WHITE RICE CALIFORNIA BLEND VEGETABLES ORANGE	3 BAKED FISH W/ GARLIC SAUCE BROCCOLI & RED PEPPERS RED BLISS POTATOES CANNED APRICOTS
6 CHICKEN CHUNKS W/RED SAUCE BOWTIE PASTA SAUTEED SPINACH CANNED MANDARINS	7 SOFT TACOS W/BLACK BEANS & MIXED VEGETABLES YELLOW RICE SAUTEED ONIONS & PEPPERS FRUIT COCKTAIL	8 SPAGHETT W/ TURKEY MEAT SAUCE MIXED GREEN SALAD ORANGE	9 BEEF STIR FRY WHITE RICE ROASTED BROCCOLI BANANA	10 BAKED FISH FILLETS BAKED RED POTATO WEDGES CAULIFLOWER W/ CARROTS & PARSLEY APPLESAUCE
13 BAKED CHICKEN QUARTERS BAKED SWEET POTATO ZUCHCHINI & PEAS APPLE	14 BAKED ZITI W/MEAT SAUCE BABY CARROTS W/ PARSLEY BANANA	15 ITALIAN ROASTED PORK TENDERLOIN BAKED RED POTATO WEDGES SAUTEED STRING BEANS KIWI	16 TUNA FISH SALAD MACARRONI SALAD TOSSED SALAD W/DRESSING ORANGE	17 ITALIAN SAUSAGE ROTINI MARANARA BRUSSEL SPROUTS PEAR
20 BAKED BREADED CHICKEN CUTLET COUCOUS W/PEAS & LEMON BABY CARROTS W/ PARSLEY ORANGE	21 SPAGHETTI & BEEF MEATBALLS IN TOMATO SAUCE BRUSSEL SPROUTS & KALE APPLE	22 BBQ PORK CHOPS CALIFORNIA BLEND VEGETABLES SWEET BAKED YAMS BANANA	23 HOT DOGS HAMBURGERS MACARRONI SALAD TOSS SALAD WATERMELLON	24 APRICOT GLAZED SALMON EGG BARLEY W/ MUSHROOMS SAUTEED ZUCCHINI TANGERINE
27 Center Closed memorial ★ DAY 	28 STEWED PORK CHOPS MASHED SWEET POTATOES WINTER BLEND VEGETABLES APPLE	29 CHEESBURGER DELUXE W/ONIONS BROWN RICE GREEN BEAN SALAD CANNED MANDARINS	30 CHICKEN/BROCCOLI STIR FRY LOMEIN COLLARD GREENS & TOMATO BANANA	31 BAKED FLOUNDER BROCCOLI W/ TOASTED GARLIC RED BLISS POTATOES ORANGE