



APRIL 2018 LUNCH MENU

CARTER BURDEN/ROOSEVELT ISLAND SENIOR CENTER (546 MAIN ST.)

LUNCH SERVED AT 12PM

PHONE: 212-980-1888

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Pork Spare Ribs Rice w/ vegetables, spinach, Bread, Fruit, Juice, Milk</p>	<p>3</p> <p>Roasted Chicken Garlic Mash Potatoes. Carrots, Bread, Fruit, Juice, Milk</p>	<p>4</p> <p>Cheeseburger Garden Salad Fruit, Juice, Milk</p>	<p>5</p> <p>Chicken Parmesan Pasta, Bread, Veggies Fruit, Juice, Milk</p>	<p>6</p> <p>Fish Sandwich Home fries. Veggies Fruit, Juice, Milk</p>
<p>9</p> <p>Beef Stew Rice, Green Beans, Bread Fruit, Juice, Milk</p>	<p>10</p> <p>Oven Friend Chicken Cous Cous. veggies, Fruit, Juice, Milk</p>	<p>11</p> <p>Salisbury Steak Egg noodles. Veggies Fruit, Juice, Milk</p>	<p>12</p> <p>Pork Stir Fry Yellow Rice, Veggies Fruit, Juice, Milk</p>	<p>13</p> <p>Tuna Fish Salad Pita halves. Garden Salad Fruit, Juice, Milk</p>
<p>16</p> <p>BBQ Chicken Bakes mac & cheese. Veggies, Fruit, Juice, Milk</p>	<p>17</p> <p>Baked Pork Chops Yuca, Bread, Veggies Fruit, Juice, Milk</p>	<p>18</p> <p>Baked Fish Fillets Home fries. Veggies, Bread, Fruit, Juice, Milk</p>	<p>19</p> <p>Chicken Cacciatore Brown Rice, Green Beans, Fruit, Juice, Milk</p>	<p>20</p> <p>Hamburger Baked Sweet Pot., Salad Fruit, Juice, Milk, Bread</p>
<p>23</p> <p>Italian Sausage Penne, Bread, Veggies Fruit, Juice, Milk</p>	<p>24</p> <p>Beef Meatballs Pasta, Bread, Salad, Veggies Fruit, Juice, Milk</p>	<p>25</p> <p>Curried Chicken Black Beans & Rice, Bread, veg- gies, Fruit, Juice, Milk</p>	<p>26</p> <p>Baked Fish Rice w/ vegetables, veggies, Bread, Fruit, Juice, Milk</p>	<p>27</p> <p>Chicken Salad Pita Halves. Macaroni Salad, Fruit, Juice, Milk</p>
<p>30</p> <p>Roasted Pork Bread, Veggies Fruit, Juice, Milk</p>				