



# AUGUST 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
		1 <b>Hawaiian Chicken</b> <i>Potatoes, Veggies, Bread Fruit, Juice, Milk</i>	2 <b>Turkey Chili</b> w Sweet pot <i>and corn. Rice, Veggies Fruit, Juice, Milk</i>	3 <b>Fish Taco</b> <i>Black Beans &amp; veggies, Fruit, Juice, Milk</i>
6 <b>Pork Spare Ribs</b> <i>Rice w/ vegetables, spinach, Bread, Fruit, Juice, Milk</i>	7 <b>Italian Roasted Chicken</b> <i>Bread, Veggies, Mash Pot., Fruit, Juice, Milk</i>	8 <b>Cheeseburger</b> <i>Garden Salad, Pot Salad Fruit, Juice, Milk</i>	9 <b>Chicken Parmesan</b> <i>Pasta, Bread, Veggies Fruit, Juice, Milk</i>	10 <b>Fish Sandwich</b> <i>Home fries. Veggies Fruit, Juice, Milk</i>
13 <b>Beef Stew</b> <i>Rice, Green Beans, Bread Fruit, Juice, Milk</i>	14 <b>Oven Friend Chicken</b> <i>Cous Cous. veggies, Fruit, Juice, Milk</i>	15 <b>Salisbury Steak</b> <i>Egg noodles. Veggies Fruit, Juice, Milk</i>	16 <b>Pork Stir Fry</b> <i>Yellow Rice, Veggies Fruit, Juice, Milk</i>	17 <b>Tuna Fish Salad</b> <i>Pita halves. Garden Salad Fruit, Juice, Milk</i>
20 <b>BBQ Chicken</b> <i>Bakes mac &amp; cheese. Veggies, Fruit, Juice, Milk</i>	21 <b>Baked Pork Chops</b> <i>Yuca, Bread, Veggies Fruit, Juice, Milk</i>	22 <b>Baked Fish Fillets</b> <i>Home fries. Veggies, Bread, Fruit, Juice, Milk</i>	23 <b>Chicken Cacciatore</b> <i>Brown Rice, Green Beans, Fruit, Juice, Milk</i>	24 <b>Hamburger</b> <i>Baked Sweet Pot., Salad Fruit, Juice, Milk, Bread</i>
27 <b>Italian Sausage</b> <i>Penne, Bread, Veggies Fruit, Juice, Milk</i>	28 <b>Beef Meatballs</b> <i>Pasta, Bread, Salad, Veggies Fruit, Juice, Milk</i>	29 <b>Curried Chicken</b> <i>Black Beans &amp; Rice, Bread, veg- gies, Fruit, Juice, Milk</i>	30 <b>Baked Fish</b> <i>Rice w/ vegetables, veggies, Bread, Fruit, Juice, Milk</i>	31 <b>Chicken Salad</b> <i>Pita Halves. Macaroni Salad, Fruit, Juice, Milk</i>