



# DECEMBER 2017 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>BBQ Chicken</b> Collard Greens, Mash. Sweet Pots, Fruit, Juice,
4 <b>Baked Turkey Breast</b> Brown Rice, Kale, Bread Fruit, Juice, Milk	5 <b>Meat Sauce w/ Peppers</b> Spaghetti, Spinach, Bread Fruit, Juice, Milk	6 <b>Oven Fried Chicken</b> Yellow Rice, Veggies, Bread Fruit, Juice, Milk	7 <b>Salisbury Steak</b> Red Pots., Bread, Veggies Fruit, Juice, Milk	8 <b>Pork Stir Fry</b> White Rice, Veggies Fruit, Juice, Milk
11 <b>Arroz con Pollo</b> Rice, Spinach Salad, Bread Fruit, Juice, Milk	12 <b>BBQ Pork Chops</b> Baked Yams, Collards, Bread Fruit, Juice, Milk	13 <b>Hawaiian Chicken</b> Potatoes, Veggies, Bread Fruit, Juice, Milk	14 <b>Baked Tilapia</b> Rice Pilaf, Veggies Fruit, Juice, Milk	15 <b>Beef Stew</b> Rice, Green Beans, Bread Fruit, Juice, Milk
18 <b>Curry Chicken</b> Rice & Beans, Veggies, Bread Fruit, Juice, Milk	19 <b>Beef Meatballs</b> Pasta, Bread, Salad, Veggies Fruit, Juice, Milk	20 <b>Roasted Pork</b> Bread, Steamed Kale, Yuca Fruit, Juice, Milk	21 <b>Teriyaki Chicken</b> Brown Rice, Steamed Veggies Fruit, Juice, Milk	22 <b>Fish &amp; Creole Sauce</b> Baked Sweet Pot., Spinach Fruit, Juice, Milk, Bread
25 <b>CLOSED</b>	26 <b>Turkey Drumsticks</b> Cole Slaw, Sweet Pot. Fries Fruit, Juice, Milk	27 <b>Baked Breaded Fish</b> Potatoes, Veggies, Bread Fruit, Juice, Milk	28 <b>Arroz con Pollo</b> Rice, Bread, Kale Fruit, Juice, Milk	29 <b>Beef Lasagna</b> Salad Fruit, Juice, Milk

PARTIALLY FUNDED BY THE NYC DEPARTMENT FOR THE AGING

Suggested Contribution of \$1.50 for lunch.