




FEBRUARY 2019 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 Baked Fish <i>Corn w/ winter vegetables, Bread, Fruit, Juice, Milk</i>
4 Beef Brisket <i>Mashed Pot, Bread, Veggies Fruit, Juice, Milk</i>	5 Baked Mushroom Chicken ; <i>Yellow Rice, baby Carrots, Fruit, Juice, Milk</i>	6 Roast Pork or Chicken <i>Cous Cous. Bread, veggies, Fruit, Juice, Milk</i>	7 Curried Chicken <i>Black Beans & Rice, Bread, veg- gies, Fruit, Juice, Milk</i>	8 Fish w/ Creole Sauce <i>Rice, bread, spinach Fruit, Juice, Milk</i>
11 Turkey & Gravy <i>Garlic pot, bread, Veggies Fruit, Juice, Milk</i>	12 Baked Breaded Fish <i>Pasta, Veggies Fruit, Juice, Milk</i>	13 Jerk Chicken <i>White Rice, Bread, Veggies Fruit, Juice, Milk</i>	14 Baked Pork or Chicken <i>Sweet Yam and green bean. Bread, Fruit, Juice, Milk</i>	15 Chicken Parmesan <i>Pasta, Veggies</i>
18 	19 BBQ Chicken <i>Roasted pot. Bread, Veggies, Fruit, Juice, Milk</i>	20 Roasted Pork or Chicken <i>Yellow Rice, Veggies Fruit, Juice, Milk</i>	21 Oven Friend Chicken <i>Mac & Cheese. veggies, Fruit, Juice, Milk</i>	22 Beef meatballs <i>Pasta, Veggies Fruit, Juice, Milk</i>
25 Sweet & Sour Pork or chicken , <i>Pasta. Veggies, Fruit, Juice, Milk</i>	26 Chicken w/ Black Bean Sauce. <i>Rice, Bread, Veggies Fruit, Juice, Milk</i>	27 Beef Stew <i>Egg Noodles. Veggies, Fruit, Juice, Milk</i>	28 Hawaiian Chicken <i>Mashed Sweet Pot, vegeta- bles, Bread, Fruit, Juice, Milk</i>	29