


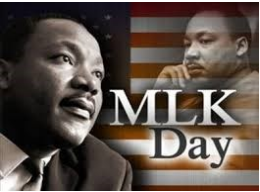


# JANUARY 2019 LUNCH MENU

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

LUNCH SERVED AT 12PM

PHONE: 212-980-1888

Mon	Tue	Wed	Thu	Fri
	1 	2 <b>Jerk Chicken</b> <i>Rice &amp; Beans, Bread, Veggies Fruit, Juice, Milk</i>	3 <b>Baked Pork or Chicken</b> <i>Sweet Yam and green bean. Bread, Fruit, Juice, Milk</i>	4 <b>Chicken Parmesan</b> <i>Penne, Veggies Fruit, Juice, Milk</i>
7 <b>Baked Tilapia</b> <i>Mashed Sweet Pot, vegeta- bles, Bread, Fruit, Juice, Milk</i>	8 <b>BBQ Chicken</b> <i>Roasted pot. Bread, Veggies, Fruit, Juice, Milk</i>	9 <b>Roasted Pork</b> <i>Yellow Rice, Veggies Fruit, Juice, Milk</i>	10 <b>Oven Friend Chicken</b> <i>Mac &amp; Cheese. veggies, Fruit, Juice, Milk</i>	11 <b>Beef meatballs</b> <i>Pasta, Veggies Fruit, Juice, Milk</i>
14 <b>Sweet &amp; Sour Pork or Chicken</b> <i>Pasta. Veggies, Fruit, Juice, Milk</i>	15 <b>Chicken w/ Black Bean Sauce.</b> <i>Rice, Bread, Veggies Fruit, Juice, Milk</i>	16 <b>Beef Stew</b> <i>Noodles. Veggies, Fruit, Juice, Milk</i>	17 <b>Hawaiian Chicken</b> <i>Mashed Sweet Pot, vegeta- bles, Bread, Fruit, Juice, Milk</i>	18 <b>Fish w/ Creole Sauce</b> <i>Pasta, steamed kale Fruit, Juice, Milk</i>
21 	22 <b>Stewed Pork Chops or Chicken</b> <i>Baked Pot, Veggies, Fruit, Juice, Milk</i>	23 <b>Baked Turkey Breast</b> <i>Sweet Pot, vegetables, Bread, Fruit, Juice, Milk</i>	24 <b>Teriyaki Baked Fish</b> <i>Rice Pilaf, Veggies, Fruit, Juice, Milk</i>	25 <b>Garlic Chicken</b> <i>Rice with veggies, bread, Fruit, Juice, Milk</i>
28 <b>Baked Chicken</b> <i>Bakes Pot. Bread Veggies, Fruit, Juice, Milk</i>	29 <b>Beef &amp; Broccoli</b> <i>Egg noodles, Bread, Veggies Fruit, Juice, Milk</i>	30 <b>Chicken Teriyaki</b> <i>Rice. Veggies, Bread, Fruit, Juice, Milk</i>	31 <b>BBQ Pork or Chicken</b> <i>Baked Sweet Pot., Veggies Bread, Fruit, Juice, Milk</i>	