



JANUARY 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 CLOSED	2 Beef Brisket Mash. Pots., Veggies, Bread Fruit, Juice, Milk	3 Grilled Chicken Breast Rice, Green Beans, Bread Fruit, Juice, Milk	4 Baked Ziti w/ Beef Bread, Veggies, Salad Fruit, Juice, Milk	5 Baked Fish Fillets Mac n' Cheese, Salad Fruit, Juice, Milk
8 Turkey Meatloaf Garlic Mash. Pots, Kale, Bread Fruit, Juice, Milk	9 Pork Chops Mac n' Cheese, Salad Fruit, Juice, Milk	10 Chicken & Broccoli Brown Rice, Veggies, Salad Fruit, Juice, Milk	11 Beef Pot Roast Red Pots., Carrots, Bread Fruit, Juice, Milk	12 BBQ Chicken Collards, Mash. Sweet Pots. Fruit, Juice, Milk
15 CLOSED	16 Meat Sauce w/ Peppers Spaghetti, Spinach, Bread Fruit, Juice, Milk	17 Oven Fried Chicken Yellow Rice, Veggies, Bread Fruit, Juice, Milk	18 Salisbury Steak Red Pots., Bread, Veggies Fruit, Juice, Milk	19 Pork Stir Fry White Rice, Veggies Fruit, Juice, Milk
22 Arroz con Pollo Rice, Spinach Salad, Bread Fruit, Juice, Milk	23 BBQ Pork Chops Baked Yams, Collards, Bread Fruit, Juice, Milk	24 Hawaiian Chicken Potatoes, Veggies, Bread Fruit, Juice, Milk	25 Baked Tilapia Rice Pilaf, Veggies Fruit, Juice, Milk	26 Beef Stew Rice, Green Beans, Bread Fruit, Juice, Milk
29 Curry Chicken Rice & Beans, Veggies, Bread Fruit, Juice, Milk	30 Beef Meatballs Pasta, Bread, Salad, Veggies Fruit, Juice, Milk	31 Roasted Pork Bread, Steamed Kale, Yuca Fruit, Juice, Milk		