




JULY 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
2 Beef Stew <i>Rice, Green Beans, Bread Fruit, Juice, Milk</i>	3 Oven Friend Chicken <i>Cous Cous, veggies, Fruit, Juice, Milk</i>	4 	5 Pork Stir Fry <i>Yellow Rice, Veggies Fruit, Juice, Milk</i>	6 Tuna Fish Salad <i>Pita halves, Garden Salad Fruit, Juice, Milk</i>
9 BBQ Chicken <i>Bakes mac & cheese, Veggies, Fruit, Juice, Milk</i>	10 Baked Pork Chops <i>Yuca, Bread, Veggies Fruit, Juice, Milk</i>	11 Baked Fish Fillets <i>Home fries, Veggies, Bread, Fruit, Juice, Milk</i>	12 Chicken Cacciatore <i>Brown Rice, Green Beans, Fruit, Juice, Milk</i>	13 Hamburger <i>Baked Sweet Pot., Salad Fruit, Juice, Milk, Bread</i>
16 Italian Sausage <i>Penne, Bread, Veggies Fruit, Juice, Milk</i>	17 Beef Meatballs <i>Pasta, Bread, Salad, Veggies Fruit, Juice, Milk</i>	18 Curried Chicken <i>Black Beans & Rice, Bread, veg- gies, Fruit, Juice, Milk</i>	19 Baked Fish <i>Rice w/ vegetables, veggies, Bread, Fruit, Juice, Milk</i>	20 Chicken Salad <i>Pita Halves, Macaroni Salad, Fruit, Juice, Milk</i>
23 Roasted Pork <i>Bread, Veggies Fruit, Juice, Milk</i>	24 Jerk Chicken <i>White Rice, Bread, Veggies Fruit, Juice, Milk</i>	25 Cheeseburger <i>Garden Salad, Pot Salad Fruit, Juice, Milk</i>	26 Chicken & Broccoli <i>Yellow Rice, Veggies, Fruit, Juice, Milk</i>	27 Baked Fish Fillets <i>Bread, Salad Fruit, Juice, Milk</i>
30 Pork Goulash <i>Egg Noodles, Bread Veggies, Fruit, Juice, Milk</i>	31 Baked Ziti w/ Beef <i>Bread, Salad. Fruit, Juice, Milk</i>			