



JUNE 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 Hamburger Garden Salad, sweet pot. Fruit, Juice, Milk
4 Italian Sausage Penne, Bread, Veggies Fruit, Juice, Milk	5 Beef Meatballs Pasta, Bread, Salad, Veggies Fruit, Juice, Milk	6 Curried Chicken Black Beans & Rice, Bread, veg- gies, Fruit, Juice, Milk	7 Baked Fish Rice w/ vegetables, veggies, Bread, Fruit, Juice, Milk	8 Chicken Salad Pita Halves. Macaroni Salad, Fruit, Juice, Milk
11 Roasted Pork Bread, Veggies Fruit, Juice, Milk	12 Jerk Chicken White Rice, Bread, Veggies Fruit, Juice, Milk	13 Cheeseburger Garden Salad, Pot Salad Fruit, Juice, Milk	14 Chicken & Broccoli Yellow Rice, Veggies, Fruit, Juice, Milk	15 Baked Fish Fillets Bread, Salad Fruit, Juice, Milk
18 Pork Goulash Egg Noodles, Bread Veggies, Fruit, Juice, Milk	19 Baked Ziti w/ Beef Bread, Salad. Fruit, Juice, Milk	20 Hawaiian Chicken Potatoes, Veggies, Bread Fruit, Juice, Milk	21 Turkey Chili w Sweet pot and corn. Rice, Veggies Fruit, Juice, Milk	22 Fish Taco Black Beans & veggies, Fruit, Juice, Milk
25 Pork Spare Ribs Rice w/ vegetables, spinach, Bread, Fruit, Juice, Milk	26 Italian Roasted Chicken Bread, Veggies, Mash Pot., Fruit, Juice, Milk	27 Cheeseburger Garden Salad, Pot Salad Fruit, Juice, Milk	28 Chicken Parmesan Pasta, Bread, Veggies Fruit, Juice, Milk	29 Fish Sandwich Home fries. Veggies Fruit, Juice, Milk