



MARCH 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 Salisbury Steak <i>Red Pots., Bread, Veggies Fruit, Juice, Milk</i>	2 Pork Stir Fry <i>White Rice, Veggies Fruit, Juice, Milk</i>
5 Arroz con Pollo <i>Rice, Spinach Salad, Bread Fruit, Juice, Milk</i>	6 BBQ Pork Chops <i>Baked Yams, Collards, Bread Fruit, Juice, Milk</i>	7 Hawaiian Chicken <i>Potatoes, Veggies, Bread Fruit, Juice, Milk</i>	8 Baked Tilapia <i>Rice Pilaf, Veggies Fruit, Juice, Milk</i>	9 Beef Stew <i>Rice, Green Beans, Bread Fruit, Juice, Milk</i>
12 Curry Chicken <i>Rice & Beans, Veggies, Bread Fruit, Juice, Milk</i>	13 Beef Meatballs <i>Pasta, Bread, Salad, Veggies Fruit, Juice, Milk</i>	14 Roasted Pork <i>Bread, Steamed Kale, Yuca Fruit, Juice, Milk</i>	15 Teriyaki Chicken <i>Brown Rice, Steamed Veggies Fruit, Juice, Milk</i>	16 Fish & Creole Sauce <i>Baked Sweet Pot., Spinach Fruit, Juice, Milk, Bread</i>
19 Beef & Broccoli <i>White Rice, Bread, Veggies Fruit, Juice, Milk</i>	20 Turkey Drumsticks <i>Cole Slaw, Sweet Pot. Fries Fruit, Juice, Milk, Bread</i>	21 Baked Breaded Fish <i>Roasted Pots., Veggies, Bread Fruit, Juice, Milk</i>	22 Arroz con Pollo <i>Rice, Steamed Kale, Bread Fruit, Juice, Milk</i>	23 Beef Lasagna <i>Garden Salad Fruit, Juice, Milk</i>
26 Jerk Chicken <i>White Rice, Bread, Veggies Fruit, Juice, Milk</i>	27 Turkey Meatloaf <i>Garlic Mash. Pots, Kale, Bread Fruit, Juice, Milk</i>	28 Grilled Chicken Breast <i>Rice, Green Beans, Bread Fruit, Juice, Milk</i>	29 Baked Ziti w/ Beef <i>Bread, Veggies, Salad Fruit, Juice, Milk</i>	30 Baked Fish Fillets <i>Mac n' Cheese, Salad Fruit, Juice, Milk</i>