




MAY 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	Sat	Sun
		1 <i>Homemade Fish Cake, Bread, Veggies, Roasted Pot., Fruit, Juice, Milk</i>	2 <i>Beef Stroganoff with Noodles, Bread, Veggies, Fruit, Juice, Milk</i>	3 <i>Chicken Salad, macaroni salad, Bread, Salad, Fruit, Juice, Milk</i>	4 FROZEN MEAL <i>Beef & Broccoli, Y. Rice, Veggies, Fruit, Juice, Milk</i>	5 FROZEN MEAL <i>Lemon Chicken, egg noodles. Veggies, Fruit, Juice, Milk</i>
6 <i>Oven Fried Chicken Mac & Cheese, Bread, Veggies, Fruit, Juice, Milk</i>	7 <i>Mango Chutney Pork or Chicken, Pot, Bread, Veggies, Fruit, Juice, Milk</i>	8 <i>Arroz con Pollo, Okra w Pot, Bread, Veggies, Fruit, Juice, Milk</i>	9 <i>Beef and Pepper or- Chicken, Bread, Veggies, Fruit, Juice, Milk</i>	10 <i>Turkey Taco, Black beans & Rice, Veggies, Fruit, Juice, Milk</i>	11 FROZEN MEAL <i>Oven Fried Chicken Mac & Cheese, Bread, Veggies, Fruit, Juice, Milk</i>	12 FROZEN MEAL <i>Mango Chutney Pork or Chicken, Pot, Bread, Veggies, Fruit, Juice, Milk</i>
13 <i>Baked Asian Honey Chicken, Bread, Veggies, Fruit, Juice, Milk</i>	14 <i>Baked Fish w/ Cream Corn Sauce, W. Rice Veggies, Fruit, Juice, Milk</i>	15 <i>Rosemary Chicken, Bread, Veggies Fruit, Juice, Milk</i>	16 <i>Baked Breaded Fish, Pasta, Bread, Veggies, Fruit, Juice, Milk</i>	17 <i>Turkey Salad w/ Sweet Pot, Bread, Salad, Fruit, Juice, Milk</i>	18 FROZEN MEAL <i>Baked Asian Honey Chicken, Bread, Veggies, Fruit, Juice, Milk</i>	19 FROZEN MEAL <i>Baked Fish w/ Cream Corn Sauce, W. Rice Veggies, Fruit, Juice, Milk</i>
20 <i>Beef or Chicken Pot Roast, Roasted Pot., Bread, Veggies Fruit, Juice, Milk</i>	21 <i>Baked Chicken, B. Rice, Bread, Veggies, Fruit, Juice, Milk</i>	22 <i>Beef Meatballs w/ Spaghetti, Bread, Veggies, Fruit, Juice, Milk</i>	23 <i>Curried Chicken, W. Rice, Bread, Veggies, Fruit, Juice, Milk</i>	24 <i>Baked Fish w/ Black Bean Sauce, Egg Noodles, Veggies, Fruit, Juice, Milk</i>	25 FROZEN MEAL <i>Beef or Chicken Pot Roast, Roasted Pot., Bread, Veggies Fruit, Juice, Milk</i>	26 FROZEN MEAL <i>Baked Chicken, B. Rice, Bread, Veggies, Fruit, Juice, Milk</i>
27 	28 <i>Teriyaki Chicken, Spaghetti, Bread, Veggies, Fruit, Juice, Milk</i>	29 <i>Baked Fish, Baked Pot, Bread, Veggies, Fruit, Juice, Milk</i>	30 <i>Jerk Chicken, Rice & Beans, Bread, Veggies, Fruit, Juice, Milk</i>	31 <i>Tuna Salad, w/ Pasta Salad, Bread, Veggies, Fruit,</i>		