



MAY 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 Jerk Chicken <i>White Rice, Bread, Veggies Fruit, Juice, Milk</i>	2 Cheeseburger <i>Garden Salad Fruit, Juice, Milk</i>	3 Chicken & Broccoli <i>Yellow Rice, Veggies, Fruit, Juice, Milk</i>	4 Baked Fish Fillets <i>Bread, Salad Fruit, Juice, Milk</i>
7 Pork Goulash <i>Egg Noodles, Bread Veggies, Fruit, Juice, Milk</i>	8 Baked Ziti w/ Beef <i>Bread, Salad. Fruit, Juice, Milk</i>	9 Hawaiian Chicken <i>Potatoes, Veggies, Bread Fruit, Juice, Milk</i>	10 Turkey Chili w Sweet pot and corn. <i>Rice, Veggies Fruit, Juice, Milk</i>	11 Fish Taco <i>Black Beans & veggies, Fruit, Juice, Milk</i>
14 Pork Spare Ribs <i>Rice w/ vegetables, spinach, Bread, Fruit, Juice, Milk</i>	15 Italian Roasted Chicken <i>Bread, Veggies, Mash Pot., Fruit, Juice, Milk</i>	16 Cheeseburger <i>Garden Salad, Pot Salad Fruit, Juice, Milk</i>	17 Chicken Parmesan <i>Pasta, Bread, Veggies Fruit, Juice, Milk</i>	18 Fish Sandwich <i>Home fries. Veggies Fruit, Juice, Milk</i>
21 Beef Stew <i>Rice, Green Beans, Bread Fruit, Juice, Milk</i>	22 Oven Friend Chicken <i>Cous Cous. veggies, Fruit, Juice, Milk</i>	23 Salisbury Steak <i>Egg noodles. Veggies Fruit, Juice, Milk</i>	24 Pork Stir Fry <i>Yellow Rice, Veggies Fruit, Juice, Milk</i>	25 Tuna Fish Salad <i>Pita halves. Garden Salad Fruit, Juice, Milk</i>
28 CLOSED FOR MEMORIAL DAY	29 Baked Pork Chops <i>Yuca, Bread, Veggies Fruit, Juice, Milk</i>	30 Baked Fish Fillets <i>Home fries. Veggies, Bread, Fruit, Juice, Milk</i>	31 Chicken Cacciatore <i>Brown Rice, Green Beans, Fruit, Juice, Milk</i>	