



OCTOBER 2017 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 & Broccoli White Rice, Bread, Veggies Fruit, Juice, Milk	3 Turkey Drumsticks Cole Slaw, Sweet Pot. Fries Fruit, Juice, Milk	4 Baked Breaded Fish Potatoes, Veggies, Bread Fruit, Juice, Milk	5 Arroz con Pollo Rice, Bread, Kale Fruit, Juice, Milk	6 Beef Lasagna Salad Fruit, Juice, Milk
9 Jerk Chicken White Rice, Veggies, Bread Fruit, Juice, Milk	10 Beef Brisket Mash. Pots, Bread, Veggies Fruit, Juice, Milk	11 Grilled Chicken Breast Rice, Green Beans, Bread Fruit, Juice, Milk	12 Baked Ziti w/ Beef Bread, Veggies, Salad Fruit, Juice, Milk	13 Baked Fish Fillets Mac n' Cheese, Salad Fruit, Juice, Milk
16 Turkey Meatloaf Garlic Mash. Pots, Kale, Bread Fruit, Juice, Milk	17 Pork Chops Mac n' Cheese, Salad Fruit, Juice, Milk	18 Chicken & Broccoli Brown Rice, Veggies, Salad Fruit, Juice, Milk	19 Beef Pot Roast Red Pots., Carrots, Bread Fruit, Juice, Milk	20 BBQ Chicken Collards, Mash. Sweet Pots. Fruit, Juice, Milk
23 Baked Turkey Breast Brown Rice, Kale, Bread Fruit, Juice, Milk	24 Meat Sauce w/ Peppers Spaghetti, Spinach, Bread Fruit, Juice, Milk	25 Oven Fried Chicken Yellow Rice, Veggies, Bread Fruit, Juice, Milk	26 Salisbury Steak Red Pots., Bread, Veggies Fruit, Juice, Milk	27 Pork Stir Fry White Rice, Veggies Fruit, Juice, Milk
30 Arroz con Pollo Rice, Spinach Salad, Bread Fruit, Juice, Milk	31 <i>Happy Halloween!</i> BBQ Pork Chops Baked Yams, Collards, Bread Fruit, Juice, Milk			