



OCTOBER 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 Beef Brisket Mashed Pot, Bread, Veggies Fruit, Juice, Milk	2 Baked Mushroom Chicken ; Yellow Rice, Veggies Fruit, Juice, Milk	3 Roast Pork Cous Cous. Bread, veggies, Fruit, Juice, Milk	4 Curried Chicken Black Beans & Rice, Bread, veg- gies, Fruit, Juice, Milk	5 Fish w/ Creole Sauce Rice, bread, spinach Fruit, Juice, Milk
08  CLOSED FOR COLUMBUS DAY	09 Baked Fish Pasta, Veggies Fruit, Juice, Milk	10 Jerk Chicken White Rice, Bread, Veggies Fruit, Juice, Milk	11 Baked Pork Sweet Yam and green bean. Bread, Fruit, Juice, Milk	12 Chicken Parmesan Pasta, Veggies Fruit, Juice, Milk
15 Baked Tilapia Mashed Sweet Pot, vegeta- bles, Bread, Fruit, Juice, Milk	16 BBQ Chicken Roasted pot. Bread, Veggies, Fruit, Juice, Milk	17 Roasted Pork Yellow Rice, Veggies Fruit, Juice, Milk	18 Oven Friend Chicken Mac & Cheese. veggies, Fruit, Juice, Milk	19 Beef meatballs Pasta, Veggies Fruit, Juice, Milk
22 Sweet & Sour Pork Pasta. Veggies, Fruit, Juice, Milk	23 Chicken w/ Black Bean Sauce. Rice, Bread, Veggies Fruit, Juice, Milk	24 Beef Stew Noodles. Veggies, Fruit, Juice, Milk	25 Hawaiian Chicken Mashed Sweet Pot, vegeta- bles, Bread, Fruit, Juice, Milk	26 Fish w/ Creole Sauce Pasta, steamed kale Fruit, Juice, Milk
29 Chicken Stir Fry Brown Rice. Veggies, Fruit, Juice, Milk	30 Stewed Pork Chops Baked Pot, Veggies, Fruit, Juice, Milk	31 Baked Turkey Breast Sweet Pot, vegetables, Bread, Fruit, Juice, Milk		