



# MARCH 2020 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
2 <i>Fish w/ Creole Sauce, Pasta, Bread, Veggies, Fruit, Juice, Milk</i>	3 <i>Chicken w Bean sauce, Brown-rice, Veggies, Fruit, Juice, Milk</i>	4 <i>Beef or Chicken Stew, Egg noodles, bread, Veggies, Fruit, Juice, Milk</i>	5 <i>Hawaiian Chicken, Rice, bread, Veggies, Fruit, Juice, Milk</i>	6 <i>Chicken Salad, Sweet Pot salad; bread, green salad, Fruit, Juice, Milk</i>	7 FROZEN MEAL <i>Fish w/ Creole Sauce, Pasta, Bread, Veggies, Fruit, Juice, Milk</i>	8 FROZEN MEAL <i>Chicken w Bean sauce, Brown-rice, Veggies, Fruit, Juice, Milk</i>
9 <i>Chicken Stir Fry w/ Vegetables; Rice, Bread, Veggies, Fruit,</i>	10 <i>Teriyaki Baked Fish, Baked Pot; bread, Veggies, Fruit, Milk</i>	11 <i>Baked Turkey Breast Bread, Baked Pot; Veggies, Fruit, Milk</i>	12 <i>Garlic Chicken, Rice Pilaf, Bread, Veggies, Fruit, Juice, Milk</i>	13 <i>Tuna Salad, Macaroni Salad, Bread, Salad, Fruit, Milk</i>	14 FROZEN MEAL <i>Chicken Stir Fry w/ Vegetables; Rice, Bread, Veggies, Fruit,</i>	15 FROZEN MEAL <i>Teriyaki Baked Fish, Baked Pot; bread, Veggies, Fruit, Milk</i>
16 <i>Spanish Baked Chicken; Potb; Veg-gies, Fruit, Juice, Milk</i>	17 <i>Italian Sausage Penne, Bread, Veggies Fruit, Juice, Milk</i>	18 <i>Teriyaki Chicken Rice, Bread, Baby Carrots, Fruit, Juice, Milk</i>	19 <i>Beef or Chicken, bread, sweet potb; Veg-gies, Fruit, Juice, Milk</i>	20 <i>Baked Fish Bread, Corn, Veggies, Fruit, Juice, Milk</i>	21 FROZEN MEAL <i>Spanish Baked Chicken; Potb; Veggies, Fruit, Juice, Milk</i>	22 FROZEN MEAL <i>Italian Sausage Penne, Bread, Veggies, Fruit, Juice, Milk</i>
23 <i>Beef Brisket, or Chicken, Mash Potb; Bread, Veggies, Fruit,</i>	24 <i>Baked Mushroom Chicken, Rice, bread, Veggies, Fruit, Juice, Milk</i>	25 <i>Baked Fish Fillets, Bread, Potb; Veggies, Fruit, Juice, Milk</i>	26 <i>Curried Chicken, black beans &amp; rice, Bread, Veggies, Fruit, Juice, Milk</i>	27 <i>Chicken Salad, Sweet Pot salad; bread, green salad, Fruit, Juice, Milk</i>	28 FROZEN MEAL <i>Chicken w B. Bean sauce, Rice, Veggies, Fruit, Juice, Milk</i>	29 FROZEN MEAL <i>Chicken w B. Bean sauce, Rice, Veggies, Fruit, Juice, Milk</i>
29 <i>Chicken Stir Fry w/ Vegetables; Baked Pot, Bread, Veggies, Fruit, Milk</i>	30 <i>Pepper Flank Steak, Rice, Bread, Veggies, Fruit, Juice, Milk</i>	31 <i>Vegetarian Meal, Baked Pot; Mix veg-gies, Fruit, Juice, Milk</i>				