




SEPTEMBER 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
 CLOSED LABOR DAY	03 <i>Lemon Chicken, Egg-Noodles, Bread, Veggies, Fruit, Juice, Milk</i>	04 <i>Homemade Fish Cake, Bread, Veggies, Roasted Pot., Fruit,</i>	05 <i>Beef Stroganoff with Noodles, Bread, Veggies, Fruit, Juice, Milk</i>	06 <i>Chicken Salad, macaroni salad, Bread, Salad, Fruit, Juice, Milk</i>	07 FROZEN MEAL <i>Beef & Broccoli, Rice, Veggies, Fruit, Juice, Milk</i>	08 FROZEN MEAL <i>Lemon Chicken, Egg Noodles, Bread, Veggies, Fruit, Juice, Milk</i>
09 <i>Oven Fried Chicken Mac & Cheese, Bread, Veggies, Fruit, Juice, Milk</i>	10 <i>Mango Chutney Pork or Chicken, Pot, Bread, Veggies, Fruit, Juice,</i>	11 <i>Arroz con Pollo, Okra w Pot; Bread, Veggies, Fruit, Juice, Milk</i>	12 <i>Beef & Pepper or-Chicken, Bread, Veggies, Fruit, Juice, Milk 1%</i>	13 <i>Turkey Taco, Black beans & Rice, Veggies, Fruit,</i>	14 FROZEN MEAL <i>Oven Fried Chicken Mac & Cheese, Bread, Veggies, Fruit, Juice, Milk</i>	15 FROZEN MEAL <i>Mango Chutney Pork or Chicken, Pot, Bread, Veggies, Fruit, Juice,</i>
16 <i>Baked Asian Honey Chicken, Bread, Veggies, Fruit,</i>	17 <i>Baked Fish w/ Cream Corn Sauce, W. Rice Veggies,</i>	18 <i>Rosemary Chicken, Bread, Veggies Fruit, Juice, Milk</i>	19 <i>Baked Breaded Fish, Pasta, Bread, Veggies,</i>	20 <i>Turkey Salad w/ Sweet Pot, Bread, Salad, Fruit, Juice,</i>	21 FROZEN MEAL <i>Baked Asian Honey Chicken, Bread, Veggies, Fruit,</i>	22 FROZEN MEAL <i>Baked Fish w/ Cream Corn Sauce, W. Rice Veggies,</i>
23 <i>Beef or Chicken Pot Roast, Roasted Pot., Bread, Veggies Fruit, Juice, Milk</i>	24 <i>Baked Chicken, B. Rice, Bread, Veggies, Fruit, Juice, Milk</i>	25 <i>Beef Meatballs w/ Spaghetti, Bread, Veggies, Fruit, Juice, Milk</i>	26 <i>Curried Chicken, W. Rice, Bread, Veggies, Fruit, Juice, Milk</i>	27 <i>Baked Fish w/ Black Bean Sauce, Egg Noodles, Veggies, Fruit, Juice,</i>	28 FROZEN MEAL <i>Beef or Chicken Pot Roast, Roasted Pot., Bread, Veggies Fruit, Juice, Milk</i>	29 FROZEN MEAL <i>Baked Chicken, B. Rice, Bread, Veggies, Fruit, Juice, Milk</i>
30 <i>BBQ Chicken, Baked Macaroni, Veggies, Fruit, Juice, Milk</i>						