




# SEPTEMBER 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
<p>3</p>  <p><b>CLOSED</b> <b>LABOR DAY</b></p>	<p>4</p> <p><b>Jerk Chicken</b> White Rice, Bread, Veggies Fruit, Juice, Milk</p>	<p>5</p> <p><b>Cheeseburger</b> Garden Salad Fruit, Juice, Milk</p>	<p>6</p> <p><b>Chicken &amp; Broccoli</b> Yellow Rice, Veggies, Fruit, Juice, Milk</p>	<p>7</p> <p><b>Baked Fish Fillets</b> Bread, Salad Fruit, Juice, Milk</p>
<p>10</p> <p><b>Pork Goulash</b> Egg Noodles, Bread Veggies, Fruit, Juice, Milk</p>	<p>11</p> <p><b>Baked Ziti w/ Beef</b> Bread, Salad. Fruit, Juice, Milk</p>	<p>12</p> <p><b>Hawaiian Chicken</b> Potatoes, Veggies, Bread Fruit, Juice, Milk</p>	<p>13</p> <p><b>Turkey Chili</b> w Sweet pot and corn. Rice, Veggies Fruit, Juice, Milk</p>	<p>14</p> <p><b>Fish Taco</b> Black Beans &amp; veggies, Fruit, Juice, Milk</p>
<p>17</p> <p><b>Pork Spare Ribs</b> Rice w/ vegetables, spinach, Bread, Fruit, Juice, Milk</p>	<p>18</p> <p><b>Italian Roasted Chicken</b> Bread, Veggies, Mash Pot., Fruit, Juice, Milk</p>	<p>19</p> <p><b>Cheeseburger</b> Garden Salad, Pot Salad Fruit, Juice, Milk</p>	<p>20</p> <p><b>Chicken Parmesan</b> Pasta, Bread, Veggies Fruit, Juice, Milk</p>	<p>21</p> <p><b>Fish Sandwich</b> Home fries. Veggies Fruit, Juice, Milk</p>
<p>24</p> <p><b>BBQ Chicken</b> Bakes mac &amp; cheese. Veggies, Fruit, Juice, Milk</p>	<p>25</p> <p><b>Baked Pork Chops</b> Yuca, Bread, Veggies Fruit, Juice, Milk</p>	<p>26</p> <p><b>Baked Fish Fillets</b> Home fries. Veggies, Bread, Fruit, Juice, Milk</p>	<p>27</p> <p><b>Chicken Cacciatore</b> Brown Rice, Green Beans, Fruit, Juice, Milk</p>	<p>28</p> <p><b>Hamburger</b> Baked Sweet Pot., Salad Fruit, Juice, Milk, Bread Fruit, Juice, Milk</p>