



MAY 2024 LUNCH MENU

546 MAIN STREET

PARTIALLY FUNDED BY NYC AGING

LUNCH SERVED AT 12PM

PHONE: 212-980-1888

Mon	Tue	Wed	Thu	Fri
		01 Lentil & Mushroom Meatballs , Roasted Veg w Couscous, Sautéed spinach	02 Italian Roasted Chicken, Penne , steamed broccoli & cauliflower, Orange	03 Teriyaki Baked Fish , Noodles & Cabbage, Bok Choy, Canned Pineapple
06 Spanish Style Beef Stew , egg noodle steamed broccoli & cauliflower, apple	07 Turkey Kofta Kabobs , Cumin Spiced Quinoa w Black Beans & Corn	08 Chickpeas, Mama's Pasta Fagioli , Capri Blend Vegetables, Orange	09. Maple Dijon Chicken Thighs , Mac & Cheese, Green Beans	10 Baked Fish w Mushrooms & peppers , Rice & Quinoa, Sautéed Spinach, Kiwis (2)
13 Turkey Breast , Sautéed Spinach, Sweet Baked Yams, Apple	14 Chicken Alfredo Penne , Potatoes, Green Beans, Canned Pineapple	15 Eggplant Chickpea , Cous Cous, Carrots & Green Beans, Orange	16 Chicken Biryani , Cauliflower & Pea Curry, Applesauce	17 Jerk Fish , Mashed Potatoes, California Blend Veg. Banana
20 Beef Meatloaf w Mushroom Gravy , Mashed Potatoes, CA	21 BBQ Pork Chop , Brown Rice w Beans, Broccoli & Red Peppers Fruit Cocktail	22 Mushroom & Lentil Stroganoff , Baby Carrots & Parsley, Orange	23 Jerk Chicken , Brown Rice w Mushroom, Sautéed Beans	24 Fish w Cilantro , Bread, Spaghetti, Brussel Sprouts,
27 CLOSED	28 Chicken Kofta Kabobs , Baby Carrots & Parsley, Mashed Potatoes, Fruit Cocktail	29 Ital Stew, Lentil Pasta , Cauliflower w/ Carrots and Parsley, Banana	30 Chicken Chasseur , Rice & Quinoa, Sautéed Spinach, Orange	31 Baked Fish w/ lemon dill , Mashed Potatoes, California Blend Veg.

All Meals come with a cold pack (Fruit, Juice & Milk)

Suggested Contribution of \$1.50 for lunch.