

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="text-align: center;">May 2024</h1> <h2 style="text-align: center;">Breakfast & Lunch Menu</h2>			Breakfast: Orange at 8:30am, Monday - Friday *Contribution \$.50 Lunch: Green at 12 PM, Monday - Sunday *Contribution \$1.00 <i>All lunch meals are served with bread and fruit of the day</i>		Notes: Menu may be subjected to change without notice *One menu option on weekends *Extra meals available after 1pm	
CARTER BURDEN NETWORK COVELLO OLDER ADULT CENTER 312 East 109 th Street, NY, NY 10029 Phone: 212-423-9665 www.carterburdennetwork.org			¹ Whole Wheat English Muffin Home Fries Sautéed onions and Peppers Scrambled Eggs with Swiss Apple Meaty Lentil & Mushroom Meatballs Roasted Veggie Couscous Sautéed Spinach and Kiwi	² Mangu with onions (Dominican Mashed Plantains) Whole Wheat Bean Burrito Kiwi Italian Roast Chicken Penne Steamed Broccoli and Cauliflower	³ Cheerios Corn Muffin Open-Faced Avocado Sandwich with Crumbled Egg on Canned Apricot with Raisins Teriyaki Baked Fish Haluski (Noodles and Cabbage) Sautéed Bok Choy Canned Pineapple	⁴ No Breakfast Pork Loin with Curried Pineapple Polenta Steamed Carrots with Raisins Banana
⁵ No Breakfast Caribbean Style BBQ Chicken Rasta Pasta Italian Cut Green Beans Mango	⁶ Cornmeal Egg White Omelet with Peppers and Onions Mini Croissant Mixed Fruit Spanish Style Beef Stew Egg Noodles Steamed Broccoli and Cauliflower Apple	⁷ Grits with Carrots and Mushrooms Whole Wheat Quesadilla with Broccoli Banana Turkey Kofta Kabobs Brown Rice and Mushrooms Normandy Blend Fruit Cocktail	⁸ Hard Boiled Egg Oatmeal Sliced Tomatoes and Cucumbers with Italian Dressing Kiwi Chickpeas Mama's Pasta Faggioli Capri Blend Veggies Orange	⁹ Whole Wheat Grilled Mozzarella and Tomato Sandwich Home Fries with Peppers and Onions Orange Maple Dijon Chicken Thighs Baked mac and Cheese Italian Cut Green Beans Mango	¹⁰ Instant Maple Flavored Oatmeal Scrambled Eggs with Red peppers and Onions Whole Wheat Mini Bagel Apple Baked Fish with Mushrooms and Peppers Half White Rice Half Quinoa Sautéed Spinach Kiwis	¹¹ No Breakfast Baked Asian Style Honey Chicken Garlic Mashed Potatoes Prince Edward Blend Veggies Apple
¹² No Breakfast Spanish Style Roast Pork Cou Cou (Cornmeal and Okra) Baby Carrots and Parsley Canned Mandarin Oranges	¹³ Polenta Sliced Tomatoes Whole Wheat Grilled Cheese Orange Roasted Turkey Breast Sautéed Spinach Sweet Baked Yams Apple and Cranberry Sauce	¹⁴ Egg White Omelet with Onions and Peppers Maple Quinoa Oatmeal Porridge Sliced Tomatoes Banana Chicken Alfredo Penne Italian Cut Green Beans Canned Pineapple	¹⁵ English Muffin Home Fries with Peppers and Onions Turkey Sausage Patty Peach slices & Yogurt Eggplant Chickpea Tagine Couscous Steamed Carrots with Green Beans and an Orange	¹⁶ Cottage Cheese Oatmeal Cantaloupe Raisins Chicken Biryani Cauliflower and Pea Curry Applesauce and Raisins	¹⁷ Egg Frittata with Potatoes and Peas Wheat Flake Cereal Orange Jerk Fish California Blend Veggies Garlic Mashed Potatoes Banana	¹⁸ No Breakfast Chinese Style Pork Patty Haluski (Noodles and Cabbage) Broccoli with Toasted Garlic Kiwis
¹⁹ No Breakfast Spanish Style Baked Fish Mexican Confetti Rice Caribbean Style Roasted Cabbage with Carrots Fruit Cocktail	²⁰ Cream of Wheat Hard Boiled egg Sliced Tomatoes and Cucumbers with Dressing Corn Muffin & Cantaloupe Beef Meatloaf with Mushroom Gravy Garlic Mashed Potatoes California Blend Veggies Banana	²¹ Baked Red Potato Wedges Egg a la Mexicana Oatmeal Applesauce BBQ Pork Chops Brown Rice with Black Beans Broccoli and Red Peppers Fruit Cocktail	²² Multigrain Cheerios Peanut Butter Waffles Apple Indulgent Mushroom and lentil Stroganoff Baby Carrots and Parsley Orange	²³ Cornmeal Whole Wheat Bean Burrito Canned Pears Raisins Jerk Chicken Leg Quarter Brown Mushrooms Sautéed Green beans with Onions Mango	²⁴ Hard Boiled Egg Sliced Tomatoes and Cucumbers with Dressing Whole Wheat Mini Bagel Orange Asian Style White Fish with Cilantro Chinese Style Spaghetti Brussel Sprouts Kiwis	²⁵ No Breakfast Italian Style Pork Loin Garlic mashed Potatoes Sautéed Spinach Canned Pineapple
²⁶ No Breakfast Coconut Curried Fish Cilantro Lime Rice Prince Edward Blend Veggies Apple	²⁷ <b style="color: red;">CENTER CLOSED <b style="color: red;">MEMORIAL DAY	²⁸ Baked Red Potato Wedges Mini Croissants Turkey Sausage patty Frozen Mixed Berries Chicken Kofta Kabobs Baby Carrots and Parsley Parmesan Rosemary Mashed Potatoes Fruit Cocktail	²⁹ Scrambled Eggs with Sautéed Peppers and Onions Wheatna Kiwi Ital Stew (Indulgent Bean and Veggie Stew) Red Lentil Pasta Cauliflower with Carrots and Parsley Banana	³⁰ Grilled Mozzarella and Tomato Sandwich Oatmeal Banana Chicken Chasseur Half White Rice Half Quinoa Sautéed Spinach Orange	³¹ Fiber One Cereal Sauteed Peppers and Onions Breakfast Burrito with Turkey Honeydew Baked Fish with a Lemon Dill Marinade California Blend Veggies Garlic Mashed Potatoes Mango	

