



APRIL 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 Turkey Breast, Sautéed Spinach, Sweet Baked Yams, Apple	02 Chicken Alfredo Penne, Potatoes, Green Beans, Canned Pine-	03 Eggplant Chickpea, Cous Cous, Carrots & Green Beans, Orange	04 Chicken Biryani, Cauliflower & Pea Curry, Applesauce	05 Jerk Fish, Mashed Potatoes, California Blend Veg. Banana
08 Beef Meatloaf w Mushroom Gravy, Mashed Potatoes, CA Blend Veg, Banana	09 BBQ Pork Chop, Brown Rice w Beans, Broccoli & Red Peppers Fruit Cocktail	10 Mushroom & Lentil Stroganoff, Baby Carrots & Parsley, Orange	11. Jerk Chicken, Brown Rice w Mushroom, Sautéed Beans w Onions, Mango	12 Fish w Cilantro, Bread, Spaghetti, Brussel Sprouts, Kiwis
15 Ginger Garlic Beef Stew, Pasta, Italian Blend Veg, Apple	16 Chicken Kofta Kabobs, Mashed Potatoes, Carrots & Parsley	17 Ital stew, Red lentil pasta, Cauliflower w carrots & Parsley	18 Chicken Chasseur, Rice & Quinoa, Sautéed Spinach, Orange	19 Baked Fish w Potatoes, Bread, California Blend Veg, Mango
22 Cheese Ravioli, Peas & Carrots, Sautéed Spinach, Canned Peaches	23 Pork Meatballs, W.Rice Baby Carrots & Parsley, Apple	24 Eggplant & Lentil Curry, Cous Cous, CA Blend Veg, Mandarin	25 BBQ Chicken, Rasta Pasta, Cauliflower & Pea Curry Veg, Banana	26 Baked Flounder, Pearled Barley, Sautéed Spinach, Kiwis
29 Eggplant Parm, Broccoli and Red Peppers, Fruit Cocktail	30 Hawaiian Chicken, Mashed Potatoes, Vegetables, Apple			

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

Suggested Contribution of \$1.50 for lunch.