MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 2	2024	carter	Notes: Menu may be subjected to	
Lunch Menu leading the		burden network	Sit-down congregate lunch served from 12pm – 1pm, M-F.	
		way in aging services	Coffee/tea set up is available starting at 9am.	
				Asian Style White Fish with Cilantro
				Haluski (Noodles and Cabbage) Sautéed Bok Choy Canned Pineapple
4 Chickpeas Pasta Faliolo Capri Blend Vegetables Apple	Cranberry Chicken Quinoa with Black Beans and Corn Italian Cut Green Beans Fruit Cocktail	Ginger and Lime Salmon Couscous with Peas and Lemon Steamed Broccoli and Cauliflower Canned Mandarin Oranges	7 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Normandy Blend Vegetables Applesauce	8 Baked Fish with Mushrooms and Peppers White Rice + Quinoa Sautéed Spinach Kiwis
11 Roasted Turkey Breast Sautéed Spinach Sweet Baked Yams Apple Cranberry Sauce	Hawaiian Chicken Legs Orzo Cauliflower and Pea Curry Canned Pineapple	Moroccan Eggplant, Chickpea, and Tomato Stew Cous Cous Italian Cut Green Beans Steamed Peas and Carrots	14 Arroz con Pollo Chicken Breast and Rice Steamed Kale Applesauce Raisins	Baked Fish Dill Lemon Sauce California Blend Vegetables Garlic Mashed Potatoes
18 Beef Kofta Kabobs Orzo with Vegetables California Blend Vegetables Kiwis	Jerk Chicken Leg Quarter Garlic Mashed Potatoes Sautéed Green Beans with Onions Canned Pears	Chickpeas Whole Wheat Ziti with Vegetables Baby Carrots with Parsley Orange	Italian Roast Chicken White Rice + Quinoa Broccoli and Red Peppers Mango	Asian Style White Fish with Cilantro Chinese Style Spaghetti Brussel Sprouts Apple
25 Beef and Pepper Pasta Prince Edward Blend Vegetables Apple	Chicken Alfredo with Whole Wheat Linguine Italian Blend Vegetables Kiwi	Ital Stew (Kidney Bean and Vegetable Stew) Red Lentil Pasta Cauliflower with Carrots and Parsley Orange	Orange Chicken with Rosemary White Rice + Quinoa Sautéed Spinach Fruit Cocktail	29 Baked Salmon with Cilantro Citrus Sauce California Blend Vegetables Garlic Mashed Potatoes Mango
	CAR	CARTER BURDEN NETWOR TER BURDEN LUNCHEON ( 351 East 74th Street Phone: 212-203-3541 www.carterburdennetwork.org	CLUB	

Hours Open to the Public: Monday to Tuesday 9am – 4pm, Wednesday 9am – 3pm, Thursday to Friday 9am – 4pm