

# LUNCH MENU

Senior Center Name: **NYC Department for the Aging**

Menu Cycle: **Spring/Summer**    Cycle Date: **4/6/2015**    To **9/20/2015**    Week: **1**

Menu Name: **3280--Sample Spring/Summer Lunch Menu**

Menu Status: **\* Approved \***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/06/2015 05/18/2015 06/29/2015 08/10/2015	04/07/2015 05/19/2015 06/30/2015 08/11/2015	04/08/2015 05/20/2015 07/01/2015 08/12/2015	04/09/2015 05/21/2015 07/02/2015 08/13/2015	04/10/2015 05/22/2015 07/03/2015 08/14/2015
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Beef Brisket with Tomatoes and Onions	Baked Salmon	Barbecue Chicken Breasts	Baked Pork	Chickpea Stew
<b>Grains</b> 1-2 servings	Baked Brown Rice Pilaf (2)	Kashmir Rice  Whole Wheat Bread	Baked Macaroni and Cheese  Whole Wheat Bread	Whole Wheat Bread	Brown Rice (1 cup)
<b>Vegetables</b> 1-2 servings	Mashed Butternut Squash	Sauteed Spinach	Braised Collard Greens	Roasted Potatoes  Vegetable Mix	Roasted Broccoli
<b>Fruit or Fruit Juice</b> 1 serving	Apple	Orange	Banana	Pear	Canned Apricots
<b>Milk &amp; Yogurt</b> 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%

Approved by: **Adriane Ackroyd**

Date Approved: **11/10/2014**

# LUNCH MENU

Senior Center Name: **NYC Department for the Aging**

Menu Cycle: **Spring/Summer** Cycle Date: **4/6/2015** To **9/20/2015** Week: **2**

Menu Name: **3280--Sample Spring/Summer Lunch Menu**

Menu Status: **\* Approved \***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/13/2015 05/25/2015 07/06/2015 08/17/2015	04/14/2015 05/26/2015 07/07/2015 08/18/2015	04/15/2015 05/27/2015 07/08/2015 08/19/2015	04/16/2015 05/28/2015 07/09/2015 08/20/2015	04/17/2015 05/29/2015 07/10/2015 08/21/2015
<b>Appetizer</b>		Black Bean Soup			
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Baked Ziti with Beef	Chicken Fricassee	Lemon Salmon	Chicken Stir Fry with Vegetables	Baked Fish Amandine
<b>Grains</b> 1-2 servings	Whole Wheat Bread	Whole Wheat Bread	Pasta Primavera (2)	Baked Brown Rice Pilaf  Whole Wheat Bread	Couscous with Peas and Lemon (2)
<b>Vegetables</b> 1-2 servings	California Blend Vegetables	Red Bliss Potatoes  Steamed Spinach	Kale and Lemon		Baby Spinach Salad
<b>Fruit or Fruit Juice</b> 1 serving	Orange	Banana	Apple	Cantaloupe	Canned Mandarins
<b>Milk &amp; Yogurt</b> 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%

Approved by: Adriane Ackroyd

Date Approved: 11/10/2014

# LUNCH MENU

Senior Center Name: **NYC Department for the Aging**

Menu Cycle: **Spring/Summer**    Cycle Date: **4/6/2015**    To **9/20/2015**    Week: **3**

Menu Name: **3280--Sample Spring/Summer Lunch Menu**

Menu Status: **\* Approved \***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/20/2015 06/01/2015 07/13/2015 08/24/2015	04/21/2015 06/02/2015 07/14/2015 08/25/2015	04/22/2015 06/03/2015 07/15/2015 08/26/2015	04/23/2015 06/04/2015 07/16/2015 08/27/2015	04/24/2015 06/05/2015 07/17/2015 08/28/2015
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Turkey Meatloaf	Chicken Curry with Apples and Peas	Vegetable Lasagna	Baked Tilapia	Chicken Parmesan
<b>Grains</b> 1-2 servings	Whole Wheat Bread	White Rice (2)	Whole Wheat Bread	Black Beans and Rice  Whole Wheat Bread	Pasta (1 cup)  Tomato Sauce
<b>Vegetables</b> 1-2 servings	Sauteed Spinach  Smashed Mixed Potatoes and Cauliflower	Broccoli with Toasted Garlic	Tossed Salad with Dressing	Vegetable Mix	California Blend Vegetables
<b>Fruit or Fruit Juice</b> 1 serving	Apple	Canned Apricots	Pear	Orange	Banana
<b>Milk &amp; Yogurt</b> 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%

Approved by: **Adriane Ackroyd**

Date Approved: **11/10/2014**

# LUNCH MENU

Senior Center Name: **NYC Department for the Aging**

Menu Cycle: **Spring/Summer** Cycle Date: **4/6/2015** To **9/20/2015** Week: **4**

Menu Name: **3280--Sample Spring/Summer Lunch Menu**

Menu Status: **\* Approved \***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/27/2015 06/08/2015 07/20/2015 08/31/2015	04/28/2015 06/09/2015 07/21/2015 09/01/2015	04/29/2015 06/10/2015 07/22/2015 09/02/2015	04/30/2015 06/11/2015 07/23/2015 09/03/2015	05/01/2015 06/12/2015 07/24/2015 09/04/2015
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Arroz con Pollo (Chicken and Rice)	Italian Meatballs with Beef and Turkey	Baked White Fish in a Garlic Crumb Crust	Barbecue Chicken Breasts	Chili con Carne
<b>Grains</b> 1-2 servings		Pasta (1 cup) Tomato Sauce	Whole Wheat Bread	Whole Wheat Bread	White Rice (2)
<b>Vegetables</b> 1-2 servings	Corn and Black Bean Salad  Cucumber Tomato Salad	Green Bean Sauté	Braised Collard Greens  Chickpea Salad	Baby Carrots with Parsley  Baked Potatoes	Sauteed Spinach
<b>Fruit or Fruit Juice</b> 1 serving	Canned Apricots	Cantaloupe	Orange	Pear	Banana
<b>Milk &amp; Yogurt</b> 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%

Approved by: Adriane Ackroyd

Date Approved: 11/10/2014

# LUNCH MENU

Senior Center Name: **NYC Department for the Aging**

Menu Cycle: **Spring/Summer**    Cycle Date: **4/6/2015**    To **9/20/2015**    Week: **5**

Menu Name: **3280--Sample Spring/Summer Lunch Menu**

Menu Status: **\* Approved \***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	05/04/2015 06/15/2015 07/27/2015 09/07/2015	05/05/2015 06/16/2015 07/28/2015 09/08/2015	05/06/2015 06/17/2015 07/29/2015 09/09/2015	05/07/2015 06/18/2015 07/30/2015 09/10/2015	05/08/2015 06/19/2015 07/31/2015 09/11/2015
<b>Appetizer</b>		Lentil Soup			Vegetable Soup
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Lemon Grass Curry with Broccoli and Tofu	Baked Whiting Fish Fillets	Pepper Steak with Onions	BBQ Pork Chops	Baked Mushroom Chicken
<b>Grains</b> 1-2 servings	Perfect White Rice (2)	Pasta with Sweet Peas (2)	Whole Wheat Bread	Baked Macaroni and Cheese  Whole Wheat Bread	Quinoa Pilaf  Whole Wheat Bread
<b>Vegetables</b> 1-2 servings	Garden Salad	Italian Blend Vegetables	Roasted Brussels Sprouts  Spiced Sweet Potatoes	Kale with Tomato	Steamed Carrots
<b>Fruit or Fruit Juice</b> 1 serving	Canned Apricots	Apple	Sliced Peaches	Orange	Pear
<b>Milk &amp; Yogurt</b> 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
<b>Condiments</b> Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Oil and Vinegar				

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# LUNCH MENU

Senior Center Name: **NYC Department for the Aging**

Menu Cycle: **Spring/Summer**    Cycle Date: **4/6/2015**    To **9/20/2015**    Week: **6**

Menu Name: **3280--Sample Spring/Summer Lunch Menu**

Menu Status: **\* Approved \***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	05/11/2015 06/22/2015 08/03/2015 09/14/2015	05/12/2015 06/23/2015 08/04/2015 09/15/2015	05/13/2015 06/24/2015 08/05/2015 09/16/2015	05/14/2015 06/25/2015 08/06/2015 09/17/2015	05/15/2015 06/26/2015 08/07/2015 09/18/2015
<b>Entrée</b> 3 oz (cooked) protein or equivalent	Rosemary Chicken	Beef Stew	Pork Stir-Fry with Vegetables	Chicken Piccata	Baked Breaded Fish Fillet
<b>Grains</b> 1-2 servings	Whole Wheat Bread	White Rice  Whole Wheat Bread	Brown Rice Pilaf  Whole Wheat Bread	Barley  Whole Wheat Bread	Whole Wheat Bread
<b>Vegetables</b> 1-2 servings	Creamed Spinach  Garlic and Rosemary Roasted Potatoes	Cauliflower with Carrots and Parsley	Kale and Lemon	Mushroom, Red Pepper and Onion Sauté	Carrot Salad  Cauliflower and Potato Mash
<b>Fruit or Fruit Juice</b> 1 serving	Apple	Cantaloupe	Banana	Canned Apricots	Orange
<b>Milk &amp; Yogurt</b> 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%

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