BREAKFAST MENU

Senior Center Name: CARTER BURDEN LEONARD COVELLO ISC

Menu Cycle: Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 1

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/01/2019 05/13/2019 06/24/2019 08/05/2019 09/16/2019	04/02/2019 05/14/2019 06/25/2019 08/06/2019 09/17/2019	04/03/2019 05/15/2019 06/26/2019 08/07/2019 09/18/2019	04/04/2019 05/16/2019 06/27/2019 08/08/2019 09/19/2019	04/05/2019 05/17/2019 06/28/2019 08/09/2019 09/20/2019
Entrée 1-2 servings	Turkey Sausage Patty	Scrambled egg with Peppers and Onions Sliced Tomatoes Steamed Spinach	Grilled Cheese Sliced Tomatoes	Cottage Cheese Low Sodium	Baked Egg Omelette Steamed Spinach
Grains or Starches 1-2 servings	English Muffin, Whole Wheat Home Fries with Peppers and Onions	Maple Quinoa Oatmeal Porridge Whole Wheat Bread	Grits (1/2 cup)	Oatmeal (1 cup) Raisins	Wheat Flake Cereal Whole Wheat Bread
Fruit or Fruit Juice 1-2 servings	Orange Flav water	Banana Flav water	Orange Flav water	Cantaloupe Flav water	Sliced Canned Peaches Flav water
Milk or Yogurt 1 serving	Yogurt non-fat	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free	Coconut Granola 2 TBSP Olive Oil Spread	Olive Oil Spread Wheat Bran	Olive Oil Spread Wheat Bran	Olive Oil Spread Wheat Bran	Olive Oil Spread

BREAKFAST MENU

Senior Center Name: CARTER BURDEN LEONARD COVELLO ISC

Menu Cycle: Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 2

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/08/2019 05/20/2019 07/01/2019 08/12/2019 09/23/2019	04/09/2019 05/21/2019 07/02/2019 08/13/2019 09/24/2019	04/10/2019 05/22/2019 07/03/2019 08/14/2019 09/25/2019	04/11/2019 05/23/2019 07/04/2019 08/15/2019 09/26/2019	04/12/2019 05/24/2019 07/05/2019 08/16/2019 09/27/2019
Entrée 1-2 servings	Fresh Sliced Tomatoes and Cucumbers Hard Boiled Egg	Baked Red Potato Wedges Steamed Spinach Turkey Sausage Link	Bean Burrito with Whole Wheat Tortilla Broccoli and Red Peppers	Fresh Sliced Tomatoes and Cucumbers Hard Boiled Egg Sauteed Asparagus Turkey Bacon	Egg White Omelette with Peppers and Onions Steamed Spinach
Grains or Starches 1-2 servings	Corn Muffins Cream of Wheat 1/2 cup	Oatmeal (1/2 cup) Whole Wheat Blueberry Muffins	Cornmeal 1/2 cup	Multigrain Cheerios Whole Wheat Dinner Roll	Total Whole Grain Cereal Whole Wheat Mini Bagel
Fruit or Fruit Juice 1-2 servings	Cantaloupe Flav water	Applesauce Flav water	Apple Flav water	Orange Flav water	Canned Pears (2) Flav water
Milk or Yogurt 1 serving	Yogurt non-fat	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free	Almonds Wheat Bran	Wheat Bran	Wheat Bran		Olive Oil Spread

BREAKFAST MENU

Senior Center Name: CARTER BURDEN LEONARD COVELLO ISC

Menu Cycle: Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 3

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/15/2019 05/27/2019 07/08/2019 08/19/2019	04/16/2019 05/28/2019 07/09/2019 08/20/2019	04/17/2019 05/29/2019 07/10/2019 08/21/2019	04/18/2019 05/30/2019 07/11/2019 08/22/2019	04/19/2019 05/31/2019 07/12/2019 08/23/2019
Entrée 1-2 servings	Avocado Egg a la Mexicana	Sauteed Onions and Peppers Turkey Sausage Patty (2)	Scrambled Eggs with Diced Peppers and Ham Steamed Broccoli	Cottage Cheese Low Sodium Fresh Steamed Zucchini	Ground Turkey and Salsa Breakfast Burrito Sauteed Onions and Peppers Steamed Spinach
Grains or Starches 1-2 servings	Creamy Apple- Raisin Oatmeal Whole Wheat Bread	Baked Red Potato Wedges Mini Croissant	Wheatena Whole Wheat Bread	Wheat Flake Cereal Whole Wheat Bread	Fiber One Cereal
Fruit or Fruit Juice 1-2 servings	Canned Apricot Flav water	Frozen Mixed Berries (2) Flav water	Blueberries Kiwi Flav water	Banana Canned Apricots Flav water	Honeydew Raisins Flav water
Milk or Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free		Olive Oil Spread	Olive Oil Spread	Olive Oil Spread	

BREAKFAST MENU

Senior Center Name: CARTER BURDEN LEONARD COVELLO ISC

Menu Cycle: Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 4

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/22/2019 06/03/2019 07/15/2019 08/26/2019	04/23/2019 06/04/2019 07/16/2019 08/27/2019	04/24/2019 06/05/2019 07/17/2019 08/28/2019	04/25/2019 06/06/2019 07/18/2019 08/29/2019	04/26/2019 06/07/2019 07/19/2019 08/30/2019
Entrée 1-2 servings	Baby Spinach Omelette with Peppers and Onions	Egg a la Mexicana Sauteed Onions and Peppers	Sauteed Asparagus Western Frittata	Fresh Sliced Tomatoes and Cucumbers Hard Boiled Egg	Pork Breakfast Sausage Patty Steamed Spinach
Grains or Starches 1-2 servings	Cheerios Whole Wheat Bread	Maple Quinoa Oatmeal Porridge Whole Wheat Bread	Barley Chickpea Salad with Dried Fruit Whole Wheat Bread	Blueberry Pancakes Cornmeal 1/2 cup	English Muffin, Whole Wheat Multigrain Cheerios
Fruit or Fruit Juice 1-2 servings	Grapes Flav water	Apple Flav water	Banana Flav water	Kiwi Flav water	Orange Flav water
Milk or Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free			Olive Oil Spread	Olive Oil Spread Pancake Syrup	

BREAKFAST MENU

Senior Center Name: CARTER BURDEN LEONARD COVELLO ISC

Menu Cycle: Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 5

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/29/2019 06/10/2019 07/22/2019 09/02/2019	04/30/2019 06/11/2019 07/23/2019 09/03/2019	05/01/2019 06/12/2019 07/24/2019 09/04/2019	05/02/2019 06/13/2019 07/25/2019 09/05/2019	05/03/2019 06/14/2019 07/26/2019 09/06/2019
Entrée 1-2 servings	Fresh Sliced Tomatoes and Cucumbers Omelette with Spinach and Parmesan Cheese	Coconut Banana French Toast Sauteed Onions and Peppers Turkey Sausage Patty	Sauteed Onions and Peppers Scrambled Eggs with Swiss	Egg and Cheese Burrito (Pre- prepared)	Baby Spinach Salad Greek Yogurt, Nonfat, Plain
Grains or Starches 1-2 servings	Wheat Flake Cereal Whole Wheat Bread	Oatmeal (1/2 cup)	English Muffin, Whole Wheat Home Fries	Cornmeal 1/2 cup Mangu with Onions	Whole Wheat Bread
Fruit or Fruit Juice 1-2 servings	Apple Kiwi Flav water	Frozen Mixed Berries Orange Flav water	Apple Grapes Flav water	Canned Apricots Kiwi Flav water	Cantaloupe Raisins Flav water
Milk or Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free	Margarine	Pancake Syrup Wheat Bran	Margarine	Wheat Bran	Wheat Bran

BREAKFAST MENU

Senior Center Name: CARTER BURDEN LEONARD COVELLO ISC

Menu Cycle: Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 6

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	05/06/2019 06/17/2019 07/29/2019 09/09/2019	05/07/2019 06/18/2019 07/30/2019 09/10/2019	05/08/2019 06/19/2019 07/31/2019 09/11/2019	05/09/2019 06/20/2019 08/01/2019 09/12/2019	05/10/2019 06/21/2019 08/02/2019 09/13/2019
Entrée 1-2 servings	Egg White Omelette with Peppers and Onions Steamed Spinach	Almonds Apple Pancakes (2)	Bean Burrito with Whole Wheat Tortilla	Fresh Sliced Tomatoes and Cucumbers Hard Boiled Egg Turkey Bacon	Scrambled Eggs with Red Peppers and Onions Steamed Spinach
Grains or Starches 1-2 servings	Cornmeal 1/2 cup Mini Croissant	Мауро	Home Fries with Peppers and Onions	Oatmeal (1/2 cup) Whole Wheat Bread	Whole Wheat Mini Bagel
Fruit or Fruit Juice 1-2 servings	Dried fruit Orange	Banana Canned Mandarin Oranges	Dole Fruit Cup Grapes	Kiwi Raisins	Apple
Milk or Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free	Olive Oil Spread Wheat Bran Flav water	Olive Oil Spread Pancake Syrup Wheat Bran Flav water	Flav water	Flav water	Olive Oil Spread Flav water

LUNCH MENU

Senior Center Name: CARTER BURDEN LEONARD COVELLO ISC

Menu Cycle: Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 1

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/01/2019 05/13/2019 06/24/2019 08/05/2019 09/16/2019	04/02/2019 05/14/2019 06/25/2019 08/06/2019 09/17/2019	04/03/2019 05/15/2019 06/26/2019 08/07/2019 09/18/2019	04/04/2019 05/16/2019 06/27/2019 08/08/2019 09/19/2019	04/05/2019 05/17/2019 06/28/2019 08/09/2019 09/20/2019	04/06/2019 05/18/2019 06/29/2019 08/10/2019 09/21/2019	04/07/2019 05/19/2019 06/30/2019 08/11/2019 09/22/2019
Entrée 3 oz (cooked) protein or equivalent	Baked Chicken Thighs Honey Dijon Sauce	Baked Basa Fish	Pork Stir Fry with Vegetables	Coconut Curried Chicken Breast	Tuna Nicoise Salad+egg+ potatoes+oliv es Check Recipe	Baked Mushroom Chicken Roasted Mushrooms	Garlic Beef Meatballs
Grains 1-2 servings	Baked Brown Rice Pilaf Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread Whole Wheat Spaghetti	Brown Rice with Beans Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread Whole Wheat Spaghetti
Vegetables 1-2 servings	Vegetable Mix (non-starchy) (2)	California Blend Vegetables Mashed Red Potatoes	Broccoli and Red Peppers	Green Bean Sautee Normandy Blend	Cut Green Beans Four Bean Salad	California Blend Vegetables Garlic Mashed Potatoes	Baby Carrots with Parsley (2) Sesame seeds
Fruit or Fruit Juice 1-2 servings	Applesauce Banana Flav H2O	Fruit Cocktail Kiwi Flav H2O	Apple Canned Apricots Flav H2O	Canned Mandarin Oranges Grapes Flav H2O	Apple Canned Pears Flav H2O	Fruited Gelatin (No Sugar Added) Kiwi Flav H2O	Fruit Cocktail Orange Flav H2O
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash

LUNCH MENU

Senior Center Name: CARTER BURDEN LEONARD COVELLO ISC

Menu Cycle: Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 2

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/08/2019 05/20/2019 07/01/2019 08/12/2019 09/23/2019	04/09/2019 05/21/2019 07/02/2019 08/13/2019 09/24/2019	04/10/2019 05/22/2019 07/03/2019 08/14/2019 09/25/2019	04/11/2019 05/23/2019 07/04/2019 08/15/2019 09/26/2019	04/12/2019 05/24/2019 07/05/2019 08/16/2019 09/27/2019	04/13/2019 05/25/2019 07/06/2019 08/17/2019 09/28/2019	04/14/2019 05/26/2019 07/07/2019 08/18/2019 09/29/2019
Entrée 3 oz (cooked) protein or equivalent	Chicken Picatta with Lemon Sauce	Beef Meatballs in Tomato Sauce	Vegetarian Lasagna	Baked Asian Style Honey Chicken Toasted sesame	Baked Salmon with Cilantro Citrus Sauce	Beef Salisbury Steak with Mushroom Sauce	Pork Spare Ribs
Grains 1-2 servings	Rockland Bakery 100% Whole Grain Wheat Bread Whole Wheat Spaghetti	Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread	Rice Pilaf+ peppers Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread	Cuban Style Brown Rice Lentils Rockland Bakery 100% Whole Grain Wheat Bread	Quinoa (1/2 cup) Rockland Bakery 100% Whole Grain Wheat Bread
Vegetables 1-2 servings	Normandy Blend Sauteed Spinach	Broccoli with Toasted Garlic Mashed Red Potatoes	California Blend Vegetables	Oriental Blend	Cauliflower and Potato Mash Steamed Spinach	Green Beans & Carrots (2)	Mangu with Onions Steamed Broccoli
Fruit or Fruit Juice 1-2 servings	Kiwi Sliced Canned Peaches Flav H2O	Banana Flav H2O	Apple Raisins Flav H2O	Canned Mandarin Oranges Pear Flav H2O	Fruit Cocktail (2) Flav H2O	Applesauce Orange Flav H2O	Canned Apricots Kiwi Flav H2O
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1% Yogurt +seeds	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Dessert			Rice Pudding+Raisins				
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash

LUNCH MENU

Senior Center Name: CARTER BURDEN LEONARD COVELLO ISC

Menu Cycle: Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 3

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/15/2019 05/27/2019 07/08/2019 08/19/2019	04/16/2019 05/28/2019 07/09/2019 08/20/2019	04/17/2019 05/29/2019 07/10/2019 08/21/2019	04/18/2019 05/30/2019 07/11/2019 08/22/2019	04/19/2019 05/31/2019 07/12/2019 08/23/2019	04/20/2019 06/01/2019 07/13/2019 08/24/2019	04/21/2019 06/02/2019 07/14/2019 08/25/2019
Entrée 3 oz (cooked) protein or equivalent	Arroz con Pollo Chicken Breast and brownRice	Baked Fish with Garlic Sauce	Beef Meatloaf with Mushroom Gravy Roasted Mushrooms	Chinese Style Pepper Steak Saute Peppers & Onions	Baked Flounder Light Basil Cream Sauce	Coconut Curried Chicken Breast Onions pepper Scallions	Croutons for Caesar Salad Tuna Nicoise Salad
Grains 1-2 servings	Rockland Bakery 100% Whole Grain Wheat Bread	Dominican Moro Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread Whole Wheat Spaghetti	Brown Rice with Beans Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread
Vegetables 1-2 servings	Green Beans & Carrots (2)	Italian Blend Vegetables (2) +Cauliflower	California Blend Vegetables Mashed Red Potatoes	Sautéed Broccoli with Mushrooms and Pearl Onions Sesame seeds</td><td>Baby Carrots with Parsley Steamed Spinach</td><td>Fresh Steamed Zucchini Garlic and Rosemary Roasted Potatoes Zucchini and Peas</td><td>Baby Carrots with Parsley</td></tr><tr><td>Fruit or Fruit Juice 1-2 servings</td><td>Canned Pineapple</td><td>Orange Raisins</td><td>Canned Pears Tangerine Flav H2O</td><td>Kiwi Sliced Canned Peaches Flav H2O</td><td>Apple Canned Mandarin Oranges Flav H2O</td><td>Canned Apricots Grapes Flav H2O</td><td>Orange pineapp le Flav H2o</td></tr></tbody></table>			

LUNCH MENU

Senior Center Name: CARTER BURDEN LEONARD COVELLO ISC

| Milk & Yogurt
1 serving | Milk, low fat, 1% |
|--|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise | Olive Oil Spread
Mrs.Dash |

LUNCH MENU

Senior Center Name: CARTER BURDEN LEONARD COVELLO ISC

Menu Cycle: Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 4

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/22/2019 06/03/2019 07/15/2019 08/26/2019	04/23/2019 06/04/2019 07/16/2019 08/27/2019	04/24/2019 06/05/2019 07/17/2019 08/28/2019	04/25/2019 06/06/2019 07/18/2019 08/29/2019	04/26/2019 06/07/2019 07/19/2019 08/30/2019	04/27/2019 06/08/2019 07/20/2019 08/31/2019	04/28/2019 06/09/2019 07/21/2019 09/01/2019
Entrée 3 oz (cooked) protein or equivalent	Grilled Caribbean Chicken Breast	Salmon in Garlic Butter Sauce	Baked Kidney and Black Beans Sancocho	BBQ Chicken Leg Quarters	Baked Basa Fish Sofrito	Herb Grilled Chicken	Beef Meatloaf with Mushroom Gravy
Grains 1-2 servings	Brown Rice with Beans Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread	Brown Rice (1/2 cup)	Macaroni Rockland Bakery 100% Whole Grain Wheat Bread	Brown Rice with Beans Rockland Bakery 100% Whole Grain Wheat Bread	Pasta Primavera Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread
Vegetables 1-2 servings	Broccoli Saute Peppers & Onions	California Blend Vegetables Green Peas	Baby Carrots with Parsley	Cole Slaw Italian Blend Vegetables	Vegetable Mix (non-starchy) Yuca con Mojo (Yuca with Garlic Lime Sauce)	Chickpea Normandy Blend	Cut Green Beans Smashed Mixed Potatoes and Cauliflower
Fruit or Fruit Juice 1-2 servings	Orange Sliced Canned Peaches Flav H2O	Apple Canned Apricots Flav H2O	Rice pudding Tangerine Flav H2O	Apple Fruit Cocktail Flav H2O	Canned Mandarin Oranges Raisins Flav H2O	Applesauce Kiwi Flav H2O	Canned Pineapple Tangerine Flav H2O
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash

LUNCH MENU

Senior Center Name: CARTER BURDEN LEONARD COVELLO ISC

Menu Cycle: Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 5

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/29/2019 06/10/2019 07/22/2019 09/02/2019	04/30/2019 06/11/2019 07/23/2019 09/03/2019	05/01/2019 06/12/2019 07/24/2019 09/04/2019	05/02/2019 06/13/2019 07/25/2019 09/05/2019	05/03/2019 06/14/2019 07/26/2019 09/06/2019	05/04/2019 06/15/2019 07/27/2019 09/07/2019	05/05/2019 06/16/2019 07/28/2019 09/08/2019
Entrée 3 oz (cooked) protein or equivalent	Baked Flounder Greek Sauce	Rosemary Chicken	Beef Stroganoff with Noodles Roasted Mushrooms	Chicken Parmesan	Baked Salmon Dill Lemon Sauce	Baked Ziti with Meat Sauce	BBQ Pork Chops
Grains 1-2 servings	Rockland Bakery 100% Whole Grain Wheat Bread Brown Rice	Brown Rice with Mushrooms Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread	Fettucini with Sauce Rockland Bakery 100% Whole Grain Wheat Bread	Baked Brown Rice Pilaf lentils Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread
Vegetables 1-2 servings	Italian Blend Vegetables Sauteed Spinach Garlic	Oriental Blend	Vegetable Mix (non-starchy)	Broccoli and Red Peppers (2)	Normandy Blend Steamed Peas and Carrots	California Blend Vegetables Sauteed Spinach	Baby Carrots with Parsley Mashed Red Potatoes
Fruit or Fruit Juice 1-2 servings	Apple Fruit Cocktail Flav H2O	Canned Pears Kiwi Flav H2O	Applesauce Tangerine Flav H2O	Canned Pineapple Raisins Flav H2O	Banana Canned Mandarin Oranges Flav H2O	Orange Sliced Canned Peaches Flav H2O	Apple Raisins Flav H2O
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Dessert							Rice Pudding
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash

LUNCH MENU

Senior Center Name: CARTER BURDEN LEONARD COVELLO ISC

Menu Cycle: Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 6

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	05/06/2019 06/17/2019 07/29/2019 09/09/2019	05/07/2019 06/18/2019 07/30/2019 09/10/2019	05/08/2019 06/19/2019 07/31/2019 09/11/2019	05/09/2019 06/20/2019 08/01/2019 09/12/2019	05/10/2019 06/21/2019 08/02/2019 09/13/2019	05/11/2019 06/22/2019 08/03/2019 09/14/2019	05/12/2019 06/23/2019 08/04/2019 09/15/2019
Entrée 3 oz (cooked) protein or equivalent	Beef Picadillo	Baked Fish	Beef Lasagna	Curried Chicken Legs	Baked Flounder Sofrito	Herb Grilled Chicken	Salmon Salad
Grains 1-2 servings	Rice and Beans Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread	Whole Wheat Dinner Roll	Rockland Bakery 100% Whole Grain Wheat Bread Vegetable Biryani with Chickpeas	Dominican Moro Rockland Bakery 100% Whole Grain Wheat Bread	Egg Noodles mushroom Rockland Bakery 100% Whole Grain Wheat Bread	Rockland Bakery 100% Whole Grain Wheat Bread
Vegetables 1-2 servings	Cabbage and Apple Slaw Mixed Vegetable	Mashed Red Potatoes Steamed Carrots and Green Beans	Steamed Broccoli (2)	California Blend Vegetables	Italian Blend Vegetables Peppers and Onions	Baby Carrots with Parsley Sautéed Asparagus	Herb Potato Salad with Mustard Vinaigrette Kale, Romaine, Apple, Red Cabbage and Parmesan Salad
Fruit or Fruit Juice 1-2 servings	Sliced Canned Peaches Flav H2O	Fruit Cocktail Kiwi Flav H2O	Apple Canned Apricots Flav H2O	Canned Pineapple Tangerine Flav H2O	Banana Raisins Flav H2O	Canned Apricots Orange Flav H2O	Applesauce Raisin Flav H2O
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash	Olive Oil Spread Mrs.Dash

LUNCH MENU

Senior Center Name: CARTER BURDEN LUNCHEON CLUB 31701

Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 1

Menu

Cycle:

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/01/2019 05/13/2019 06/24/2019 08/05/2019 09/16/2019	04/02/2019 05/14/2019 06/25/2019 08/06/2019 09/17/2019	04/03/2019 05/15/2019 06/26/2019 08/07/2019 09/18/2019	04/04/2019 05/16/2019 06/27/2019 08/08/2019 09/19/2019	04/05/2019 05/17/2019 06/28/2019 08/09/2019 09/20/2019	04/06/2019 05/18/2019 06/29/2019 08/10/2019 09/21/2019	04/07/2019 05/19/2019 06/30/2019 08/11/2019 09/22/2019
Entrée 3 oz (cooked) protein or equivalent	Beef Meatloaf with Mushroom Gravy	Baked Mushroom Chicken Roasted Mushrooms	Baked Salmon Dill Lemon Sauce Sesame Seeds (1 teaspoon)	BBQ Chicken Breasts	Baked Basa Fish Light Basil Cream Sauce	BBQ Chicken Breasts	Baked Basa Fish Light Basil Cream Sauce
Grains 1-2 servings	Whole grain bread	Baked Brown Rice Pilaf Whole Wheat bread - OR - Cooked Lentils	Barley mushroom Whole grain bread	Macaroni Whole Wheat bread	Orzo Pilaf Chickpeas (1/4 cup) Peas and carrots Whole wheat bread	Macaroni Whole Wheat Bread	Orzo Pilaf Whole Wheat Bread
Vegetables 1-2 servings	Baby Carrots with Parsley Garlic Mashed Potatoes	California Blend Vegetables Steamed Broccoli	Steamed Broccoli and Cauliflower (2)	Italian Blend Vegetables Low fat Cole Slaw	Steamed Spinach (2)	Italian Blend Vegetables	Steamed Spinach (2)
Fruit or Fruit Juice 1-2 servings	Sliced Apple Orange	Banana Applesauce	Tangerine Sliced Canned Peaches	Apple Canned Mandarin Oranges	Apple sauce Pineapple (Fresh) (1/2 cup)	Apple Juice Banana	Apple Orange Pineapple Juice
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%

LUNCH MENU

Senior Center Name: CARTER BURDEN LUNCHEON CLUB 31701

Condiments	Olive Oil Spread	Butter	Butter				
Ex. Oil, Trans Fat Free	Mrs.Dash	Mrs.Dash	Mrs.Dash	Mrs.Dash	Mrs.Dash		
Margarine, butter or	Flav water						
mayonnaise							

LUNCH MENU

Senior Center Name: CARTER BURDEN LUNCHEON CLUB 31701
Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019

Week: 2

Menu Cycle:

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/08/2019 05/20/2019 07/01/2019 08/12/2019 09/23/2019	04/09/2019 05/21/2019 07/02/2019 08/13/2019 09/24/2019	04/10/2019 05/22/2019 07/03/2019 08/14/2019 09/25/2019	04/11/2019 05/23/2019 07/04/2019 08/15/2019 09/26/2019	04/12/2019 05/24/2019 07/05/2019 08/16/2019 09/27/2019	04/13/2019 05/25/2019 07/06/2019 08/17/2019 09/28/2019	04/14/2019 05/26/2019 07/07/2019 08/18/2019 09/29/2019
Entrée 3 oz (cooked) protein or equivalent	Baked Turkey Breast	Chicken Jambalaya	Baked Basa Fish	Chicken Picatta with Lemon Sauce	Lemon Garlic Tilapia	Chicken Picatta with Lemon Sauce	Lemon Garlic Tilapia
Grains 1-2 servings	Whole grain bread	Whole Wheat bread	Quinoa with Black Beans and Corn Whole grain bread	Bowtie Pasta Spinach and Basil Pesto Whole Wheat bread	Cous Cous Almonds Raisins Whole wheat grain	Bowtie Pasta Whole Wheat Bread	Cous Cous Whole Wheat Bread
Vegetables 1-2 servings	Sweet Baked Yams Vegetable Mix (non-starchy)	Normandy Blend (2)	California Blend Vegetables (2)	Fresh Sliced Tomatoes and Cucumbers Italian Blend Vegetables	Steamed Carrots and Green Beans (2)	Italian Blend Vegetables	Steamed Carrots and Green Beans
Fruit or Fruit Juice 1-2 servings	Sliced Apple Banana	Canned Pineapple Pear	Applesauce Orange	Banana Fruit Cocktail	Canned Mandarin Oranges	Apple Juice Orange	Banana Orange Pineapple Juice
Milk & Yogurt 1 serving	Milk, low fat, 1%						
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Cranberry Sauce pre-prepared Flav water Olive Oil Spread	live Oil Spread Flav water Mrs dash	Olive Oil Spread Flav water Mrs dash	Olive Oil Spread Flav water Mrs dash	Olive Oil Spread Flav water Mrs dash	Butter	Butter

LUNCH MENU

Senior Center Name: CARTER BURDEN LUNCHEON CLUB 31701
Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Spring/Summer Week: 3

Menu Cycle:

Menu Status: * Approved * Menu Name: 12825--CBLC Congregate and Congregate Weekend Spring/Summer

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/15/2019 05/27/2019 07/08/2019 08/19/2019	04/16/2019 05/28/2019 07/09/2019 08/20/2019	04/17/2019 05/29/2019 07/10/2019 08/21/2019	04/18/2019 05/30/2019 07/11/2019 08/22/2019	04/19/2019 05/31/2019 07/12/2019 08/23/2019	04/20/2019 06/01/2019 07/13/2019 08/24/2019	04/21/2019 06/02/2019 07/14/2019 08/25/2019
Entrée 3 oz (cooked) protein or equivalent	Baked Basa Fish	Chicken Fricassee	Baked Flounder Sofrito	Chicken Curry with Apples and Peas	Baked Salmon with Cilantro Citrus Sauce	Chicken Curry with Apples and Peas	Baked Salmon with Cilantro Citrus Sauce
Grains 1-2 servings	Egg Noodles Whole Wheat Bread	Whole Wheat grain	Quinoa with Black Beans and Corn Whole Wheat Bread	Kashmir Rice Whole Wheat grain	Bulgur Cooked Lentils Onions Whole Wheat grain	Kashmir Rice Whole Wheat Bread	Parmesan Barley Whole Wheat Bread
Vegetables 1-2 servings	California Blend Vegetables Steamed Spinach	Baby Carrots with Parsley Mashed Red Potatoes	Steamed Broccoli	Almonds Carrots and Raisins Sauteed Spinach	Italian Blend Vegetables (2)	Spinach	Italian Blend Vegetables
Fruit or Fruit Juice 1-2 servings	Canned Pineapple Tangerine	Canned Pears	Applesauce Orange	Banana pudding	Apple Canned Apricots	Apple Juice Banana	Apple Orange Juice
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Dessert		Raisins Tapioca Pudding (pre-prepared)					
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Butter	Butter

LUNCH MENU

Senior Center Name: CARTER BURDEN LUNCHEON CLUB 31701

Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 4 Menu Cycle:

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/22/2019 06/03/2019 07/15/2019 08/26/2019	04/23/2019 06/04/2019 07/16/2019 08/27/2019	04/24/2019 06/05/2019 07/17/2019 08/28/2019	04/25/2019 06/06/2019 07/18/2019 08/29/2019	04/26/2019 06/07/2019 07/19/2019 08/30/2019	04/27/2019 06/08/2019 07/20/2019 08/31/2019	04/28/2019 06/09/2019 07/21/2019 09/01/2019
Entrée 3 oz (cooked) protein or equivalent	Diced Carrots + Hungarian Goulash with Beef	Chicken Alfredo	Baked Flounder Moroccan Style Sauce	Coconut Curried Chicken Breast	Baked Salmon with Lemon, Tarragon and Thyme	Coconut Curried Chicken Breast	Baked Salmon with Lemon, Tarragon and Thyme
Grains 1-2 servings	Brown Rice and Beans Whole Wheat Bread	Fettucini with Sauce Whole grain Bread	Couscous with Peas and Lemon Whole Wheat Bread	Egg Noodles Whole grain Bread	Quinoa with Kale and Carrots Whole Wheat Bread	Egg Noodles Whole Wheat Bread	Quinoa with Kale and Carrots Whole Wheat Bread
Vegetables 1-2 servings	Cut Green Beans	Italian Blend Vegetables Roasted Zucchini	Sauteed Spinach Galic Sauteed Onions and Peppers	Baby Carrots with Parsley Vegetable Mix (non-starchy)	California Blend Vegetables (2)	Baby Carrots with Parsley	California Blend Vegetables
Fruit or Fruit Juice 1-2 servings	Applesauce Orange	Apple Canned Pineapple	Canned Mandarin Oranges	Fruit Cocktail	Dried Apricots Banana	Apple Juice Fruit Cocktail	Banana Orange Pineapple Juice
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1% Yogurt +seeds	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Dessert			Raisins Vanilla Pudding (pre-prepared)				
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Olive Oil Spread Mrs dash Flav water	Butter	Butter

LUNCH MENU

Senior Center Name: CARTER BURDEN LUNCHEON CLUB 31701

Menu Cycle: Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 5

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	04/29/2019 06/10/2019 07/22/2019 09/02/2019	04/30/2019 06/11/2019 07/23/2019 09/03/2019	05/01/2019 06/12/2019 07/24/2019 09/04/2019	05/02/2019 06/13/2019 07/25/2019 09/05/2019	05/03/2019 06/14/2019 07/26/2019 09/06/2019	05/04/2019 06/15/2019 07/27/2019 09/07/2019	05/05/2019 06/16/2019 07/28/2019 09/08/2019
Entrée 3 oz (cooked) protein or equivalent	Baked Flounder	Baked Chicken Thighs - OR - Honey Dijon Sauce	Spanish Style Beef Stew	Chicken Parmesan Tomato Sauce (pre-prepared) (1/4 cup)	Baked Basa Fish	Chicken Parmesan Tomato Sauce	Baked Basa Fish
Grains 1-2 servings	Quinoa with Black Beans and Corn Whole grain Bread	Brown Rice with Beans Whole Wheat Bread	Egg Noodles Whole grain bread	Penne Whole Wheat Bread	Barley + Roasted Mushrooms Whole Wheat Bread	Penne Whole Wheat Bread	Barley Whole Wheat Bread
Vegetables 1-2 servings	Italian Blend Vegetables	Baby Carrots with Parsley Sauteed Asparagus	Mixed Vegetables (starchy) Steamed Green Beans	Steamed Broccoli Steamed Broccoli and Cauliflower	Steamed Spinach	Steamed Broccoli and Cauliflower	Steamed Spinach
Fruit or Fruit Juice 1-2 servings	Orange	Apple Canned Pineapple	Applesauce Honeydew	Canned Pears Tangerine	Banana Canned Mandarin Oranges	Canned Pineapple Orange Juice	Banana Orange Pineapple Juice
Milk & Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Dessert	Raisins + Vanilla Pudding (pre-prepared)		Rice Pudding				

LUNCH MENU

Senior Center Name: CARTER BURDEN LUNCHEON CLUB 31701

Condiments	Olive Oil Spread	Butter	Butter				
Ex. Oil, Trans Fat Free	Mrs dash						
Margarine, butter or	Flav water						
mayonnaise							

LUNCH MENU

Senior Center Name: CARTER BURDEN LUNCHEON CLUB 31701

Menu Cycle: Spring/Summer Cycle Date: 4/1/2019 To 9/29/2019 Week: 6

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	05/06/2019 06/17/2019 07/29/2019 09/09/2019	05/07/2019 06/18/2019 07/30/2019 09/10/2019	05/08/2019 06/19/2019 07/31/2019 09/11/2019	05/09/2019 06/20/2019 08/01/2019 09/12/2019	05/10/2019 06/21/2019 08/02/2019 09/13/2019	05/11/2019 06/22/2019 08/03/2019 09/14/2019	05/12/2019 06/23/2019 08/04/2019 09/15/2019
Entrée 3 oz (cooked) protein or equivalent	Beef Meatballs in Tomato Sauce	Italian Roast Chicken	Baked Basa Fish Moroccan Style Sauce	Chicken with Tangy Tomato Sauce	Baked Flounder Greek Sauce	Chicken with Tangy Tomato Sauce	Baked Flounder Greek Sauce
Grains 1-2 servings	Whole grain Bread Ziti	Pasta Fagioli Whole Wheat Dinner Roll	Orzo Pilaf Whole Wheat Bread	Cuban Style Brown Rice Whole grain Bread	Whole Wheat Bread	Cuban Style Brown Rice Whole Wheat Bread	Whole Wheat Bread
Vegetables 1-2 servings	California Blend Vegetables (2)	Italian Blend Vegetables (2)	Steamed Spinach Vegetable Mix (non-starchy)	Normandy Blend (2)	Garlic Mashed Potatoes Steamed Kale	Normandy Blend	Garlic Mashed Potatoes Steamed Kale
Fruit or Fruit Juice 1-2 servings	Apple Fruit Cocktail	Orange	Fruited Jello Honeydew	Banana Canned Apricots	Apple Canned Pineapple	Apple Juice Orange	Banana Orange Pineapple Juice
Milk & Yogurt 1 serving	Milk, low fat, 1%						
Dessert		Raisins + Rice Pudding					
Condiments Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise	Olive Oil Spread Mrs dash Flav water	Butter	Butter				