

**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 Name: **13132--Leonard Covello Breakfast Spring/Summer 2019**

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

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
<b>Entrée</b> 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
<b>Grains or Starches</b> 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
<b>Fruit or Fruit Juice</b> 1-2 servings	Orange Flav water	Banana Flav water	Orange Flav water	Cantaloupe Flav water	Sliced Canned Peaches Flav water
<b>Milk or Yogurt</b> 1 serving	Yogurt non-fat	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
<b>Condiments</b> 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 Name: **13132--Leonard Covello Breakfast Spring/Summer 2019**

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

<b>Menu Items</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	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
<b>Entrée</b> 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
<b>Grains or Starches</b> 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
<b>Fruit or Fruit Juice</b> 1-2 servings	Cantaloupe Flav water	Applesauce Flav water	Apple Flav water	Orange Flav water	Canned Pears (2) Flav water
<b>Milk or Yogurt</b> 1 serving	Yogurt non-fat	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
<b>Condiments</b> 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 Name: **13132--Leonard Covello Breakfast Spring/Summer 2019**

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

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
<b>Entrée</b> 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
<b>Grains or Starches</b> 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
<b>Fruit or Fruit Juice</b> 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
<b>Milk or 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		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 Name: **13132--Leonard Covello Breakfast Spring/Summer 2019**

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

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
<b>Entrée</b> 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
<b>Grains or Starches</b> 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
<b>Fruit or Fruit Juice</b> 1-2 servings	Grapes Flav water	Apple Flav water	Banana Flav water	Kiwi Flav water	Orange Flav water
<b>Milk or 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			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 Name: **13132--Leonard Covello Breakfast Spring/Summer 2019**

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

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
<b>Entrée</b> 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
<b>Grains or Starches</b> 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
<b>Fruit or Fruit Juice</b> 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
<b>Milk or 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	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 Name: **13132--Leonard Covello Breakfast Spring/Summer 2019**

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

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
<b>Entrée</b> 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
<b>Grains or Starches</b> 1-2 servings	Cornmeal 1/2 cup  Mini Croissant	Maypo	Home Fries with Peppers and Onions	Oatmeal (1/2 cup)  Whole Wheat Bread	Whole Wheat Mini Bagel
<b>Fruit or Fruit Juice</b> 1-2 servings	Dried fruit  Orange	Banana  Canned Mandarin Oranges	Dole Fruit Cup  Grapes	Kiwi  Raisins	Apple
<b>Milk or 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	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







NYC DEPARTMENT FOR THE AGING

**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 Name: **13133--Carter Burden /Leonard Covello/ Lunch Spring/Summer 2019** Menu Status: **\* Approved \***

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
<b>Entrée</b> 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
<b>Grains</b> 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
<b>Vegetables</b> 1-2 servings	Green Beans & Carrots (2)	Italian Blend Vegetables (2) +Cauliflower	California Blend Vegetables  Mashed Red Potatoes	Saut&#233ed Broccoli with Mushrooms and Pearl Onions Sesame seeds	Baby Carrots with Parsley  Steamed Spinach	Fresh Steamed Zucchini  Garlic and Rosemary Roasted Potatoes  Zucchini and Peas	Baby Carrots with Parsley
<b>Fruit or Fruit Juice</b> 1-2 servings	Banana Canned Pineapple Flav H2O	Orange  Raisins	Canned Pears  Tangerine  Flav H2O	Kiwi  Sliced Canned Peaches Flav H2O	Apple  Canned Mandarin Oranges Flav H2O	Canned Apricots  Grapes  Flav H2O	Orange  pineapp le  Flav H2o











**LUNCH MENU**

Senior Center Name: **CARTER BURDEN LUNCHEON CLUB 31701**

<p><b>Condiments</b> Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise</p>	<p>Olive Oil Spread Mrs.Dash Flav water</p>	<p>Olive Oil Spread Mrs.Dash Flav water</p>	<p>Olive Oil Spread Mrs.Dash Flav water</p>	<p>Olive Oil Spread Mrs.Dash Flav water</p>	<p>Olive Oil Spread Mrs.Dash Flav water</p>	<p>Butter</p>	<p>Butter</p>
--	---	---	---	---	---	---------------	---------------

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

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
<b>Entrée</b> 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
<b>Grains</b> 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
<b>Vegetables</b> 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
<b>Fruit or Fruit Juice</b> 1-2 servings	Sliced Apple  Banana	Canned Pineapple  Pear	Applesauce  Orange	Banana  Fruit Cocktail	Canned Mandarin Oranges	Apple Juice  Orange	Banana  Orange Pineapple Juice
<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%	Milk, low fat, 1%	Milk, low fat, 1%
<b>Condiments</b> 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**

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

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

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
<b>Entrée</b> 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
<b>Grains</b> 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
<b>Vegetables</b> 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
<b>Fruit or Fruit Juice</b> 1-2 servings	Canned Pineapple Tangerine	Canned Pears	Applesauce Orange	Banana pudding	Apple Canned Apricots	Apple Juice Banana	Apple Orange Juice
<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%	Milk, low fat, 1%	Milk, low fat, 1%
<b>Dessert</b>		Raisins Tapioca Pudding (pre-prepared)					
<b>Condiments</b> 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: **4**

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

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
<b>Entrée</b> 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
<b>Grains</b> 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
<b>Vegetables</b> 1-2 servings	Cut Green Beans	Italian Blend Vegetables  Roasted Zucchini	Sauteed Spinach <b>Galic</b> Sauteed Onions and Peppers	Baby Carrots with Parsley  Vegetable Mix (non-starchy)	California Blend Vegetables (2)	Baby Carrots with Parsley	California Blend Vegetables
<b>Fruit or Fruit Juice</b> 1-2 servings	Applesauce  Orange	Apple  Canned Pineapple	Canned Mandarin Oranges	Fruit Cocktail	Dried Apricots  Banana	Apple Juice  Fruit Cocktail	Banana  Orange Pineapple Juice
<b>Milk &amp; Yogurt</b> 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%
<b>Dessert</b>			Raisins Vanilla Pudding (pre-prepared)				
<b>Condiments</b> 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 Name: **12825--CBLC Congregate and Congregate Weekend Spring/Summer** Menu Status: **\* Approved \***

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
<b>Entrée</b> 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
<b>Grains</b> 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
<b>Vegetables</b> 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
<b>Fruit or Fruit Juice</b> 1-2 servings	Orange	Apple  Canned Pineapple	Applesauce  Honeydew	Canned Pears  Tangerine	Banana  Canned Mandarin Oranges	Canned Pineapple  Orange Juice	Banana  Orange Pineapple Juice
<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%	Milk, low fat, 1%	Milk, low fat, 1%
<b>Dessert</b>	Raisins + Vanilla Pudding (pre-prepared)		Rice Pudding				

**LUNCH MENU**

Senior Center Name: **CARTER BURDEN LUNCHEON CLUB 31701**

<p><b>Condiments</b> Ex. Oil, Trans Fat Free Margarine, butter or mayonnaise</p>	<p>Olive Oil Spread Mrs dash Flav water</p>	<p>Olive Oil Spread Mrs dash Flav water</p>	<p>Olive Oil Spread Mrs dash Flav water</p>	<p>Olive Oil Spread Mrs dash Flav water</p>	<p>Olive Oil Spread Mrs dash Flav water</p>	<p>Butter</p>	<p>Butter</p>
--	---	---	---	---	---	---------------	---------------

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

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
<b>Entrée</b> 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
<b>Grains</b> 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
<b>Vegetables</b> 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
<b>Fruit or Fruit Juice</b> 1-2 servings	Apple  Fruit Cocktail	Orange	Fruited Jello  Honeydew	Banana  Canned Apricots	Apple  Canned Pineapple	Apple Juice  Orange	Banana  Orange Pineapple Juice
<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%	Milk, low fat, 1%	Milk, low fat, 1%
<b>Dessert</b>		Raisins + Rice Pudding					
<b>Condiments</b> 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