

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="text-align: center;">April 2024</h1> <h2 style="text-align: center;">Breakfast & Lunch Menu</h2>			Breakfast: Orange at 8:30am, Monday - Friday *Contribution \$.50 Lunch: Green at 12 PM, Monday - Sunday *Contribution \$1.00 <i>All lunch meals are served with bread and fruit of the day</i>		Notes: Menu may be subjected to change without notice *One menu option on weekends *Extra meals available after 1pm	
	1	2	3	4	5	6
	Polenta Sliced Tomatoes Whole Wheat Grilled Cheese Orange Roasted Turkey Breast Sautéed Spinach Sweet Yams Apple	Egg White Omelette with Peppers and Onions Maple Quinoa Oatmeal Porridge Sliced Tomatoes Banana Chicken Alfredo Penne Italian Cut Green Beans	Whole Wheat English Muffin Home Fries with Peppers and Onions Turkey Sausage Patty Canned Sliced Peaches Plain Non-Fat Yogurt Eggplant Chickpea Tagine Couscous Steamed Carrots and Green Beans	Cottage Cheese Oatmeal Whole Wheat Bread Cantaloupe Raisins Chicken Biryani Cauliflower and Pea Curry Applesauce Raisins	Egg Frittata with Potatoes and Peas Wheat Flake Cereal Whole Wheat Bread Orange Jerk Fish California Blend Vegetables Garlic Mashed Potatoes	No Breakfast Chinese Style Pork Patty Haluski (Noodles and Cabbage) Broccoli with Toasted Garlic Kiwis
7	8	9	10	11	12	13
No Breakfast Spanish Style Baked Fish Mexican Confetti Rice Caribbean Style Roasted Cabbage with Carrots	Cream of Wheat Hard Boiled Egg Sliced Tomatoes and Cucumbers with Italian Dressing Whole Grain Corn Muffins Beef Meatloaf with Mushroom Gravy Garlic Mashed Potatoes California Blend Vegetables	Baked Red Potato Wedges Egg a la Mexicana Oatmeal Whole Wheat Bread Applesauce BBQ Pork Chops Brown Rice and Black Beans Broccoli and Red Peppers	Multigrain Cheerios Peanut Butter Whole Wheat Bread or Waffles Apple Indulgent Mushroom and Lentil Stroganoff Baby Carrots and Parsley	Cornmeal Traditional Whole Wheat Bean Burrito Canned Pears Raisins Jerk Chicken Leg Quarter Brown Rice and Mushrooms Sautéed Green Beans and Onions	Hard Boiled Eggs Sliced Tomatoes and Cucumbers with Italian Dressing Whole Wheat Mini Bagels Asian Style White Fish and Cilantro Chinese Style Spaghetti Brussel Sprouts	No Breakfast Italian Style Pork Loin Garlic Mashed potatoes Sautéed Spinach Canned Pineapple
14	15	16	17	18	19	20
No Breakfast Coconut Curried Fish Cilantro Lime Rice Prince Edward Blend Vegetables Apple	Egg a la Mexicana with Avocado Creamy Apple-Raisin Oatmeal Whole Wheat Bread Ginger Garlic Beef Stew Whole wheat Pasta Italian Blend Vegetables	Baked Red Potato Wedges Mini Croissants Turkey Sausage patty Frozen Mixed Berries Chicken Kofta Kabobs Baby Carrots and Parsley Parmesan Rosemary Mashed Potatoes	Sautéed Onions and Peppers Scrambled Eggs Wheatena Whole Wheat Bread Indulgent Bean and Veggie Stew Red Lentil Pasta Cauliflower with Carrots and Parsley	Grilled Mozzarella and Tomato Whole Wheat Sandwich Oatmeal Chicken Chasseur Half White Rice Half Quinoa Sautéed Spinach	Fiber One Cereal Sautéed Onions and Whole Wheat Breakfast Burrito with Turkey Baked Fish with a Lemon Dill Marinade California Blend Vegetables Garlic Mashed Potatoes Mango	No Breakfast Baked Turkey Meatballs Marinara Sauce Orzo with Vegetables Normandy Blend Kiwis
21	22	23	24	25	26	27
No Breakfast Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Steamed Carrots and Green Beans	Creamy Apple-Raisin Oatmeal Omelette with Peppers and Onions Whole Wheat Bread Cheese Ravioli Steamed Peas and Carrots Sautéed Spinach	Egg a la Mexicana Sautéed onions and Peppers Whole Wheat Bread Pork Meatballs Perfect White Rice Baby Carrots with Parsley	Grilled Mozzarella and Tomato Whole Wheat Sandwich Whole Grain Corn Muffins Eggplant and Lentil Curry Delight Roasted Vegetable Couscous California Blend Vegetables	Cheerios Coconut Banana Whole Wheat French Toast Cornmeal BBQ Chicken Leg Quarters Rasta Pasta Cauliflower and Pea Curry	Egg Whites Whole Wheat English Muffins Oatmeal Orange Baked Flounder Pearled Barely Sautéed Spinach	No Breakfast Ginger Sherry Pork Chops Garlic Mashed Potatoes Prince Edward Blend Vegetables Orange
28	29	30	CARTER BURDEN NETWORK COVELLO OLDER ADULT CENTER 312 East 109 th Street, NY, NY 10029 Phone: 212-423-9665 www.carterburdennetwork.org			
No Breakfast Jerk Chicken Leg Quarter Bowtie Pasta Italian Vegetables Canned Pineapple	Oatmeal Omelette with Spinach and Parmesan Cheese Sliced Tomatoes + Cucumbers with Italian Dressing Eggplant Parmesan with Ricotta Broccoli and Red Peppers	Oatmeal Sautéed Onions and peppers Turkey Sausage Patty Orange Hawaiian Chicken Legs Garlic Mashed potatoes Prince Edward Blend vegetables				

