

January 2015



MENU SUBJECT TO CHANGE



Monday	Tuesday	Wednesday	Thursday	Friday
JASA VAN CORTLANDT SENIOR CENTER 3880 SEDGWICK AVENUE BRONX, N.Y. 10463 718-5494700				
Orange Pineapple Juice 5 Beef Hamburger Potato Knish Mixed Green Salad Canned Apricots Alt. Baked Turkey Breast	Apple Juice 6 Shake & Bake Chicken Egg Barley w/Mushrooms Coleslaw Orange Alt. Tuna Salad	Orange Juice 7 Turkey Meatballs Fusili Pasta w/Parsley Kale w/Garlic Sauce Apple Alt. Veggie Burger	1 Happy New Year Center Closed	2 Orange Juice Baked Oregano Chicken Barley Steamed Carrots Apple Alt. Gefilte Fish
Apple Juice 12 Turkey Meatballs w/BBQ Sauce Mashed Sweet Potatoes Steamed Green Beans Orange Alt. Veggie Burger	Orange Juice 13 Grilled Caribbean Chicken Breast Rice A Roni Vegetable Mix Apple Alt. Egg Salad	Apple Juice 14 Stuffed Cabbage w/Beef Mashed Potatoes Steamed Carrots Kiwi Alt. Tuna Salad	Orange Pineapple Juice 15 Lemon Garlic Tilapia Pasta w/Sweet Peas Sautéed Spinach Banana Alt. Baked Turkey Breast	Orange Juice 16 Italian Roast Chicken Kasha Varnishkes Cabbage w/Shredded Carrots Canned Apricots Alt. Gefilte Fish
19 Martin Luther King Jr. Center Closed	Apple Juice 20 Breaded Chicken Breast Kasha Varnishkes Steamed Peas & Carrots Orange Alt. Tuna Nicoise Salad	Orange Juice 21 Roasted Turkey Wing Cabbage w/Shredded Carrots Homemade Mashed Potatoes Banana Alt. Egg Salad	Orange Pineapple Juice 22 Baked Fillet of Sole w/Honey Dijon Spinach Noodle Pudding Green Beans Apple Alt. Chicken Salad	Apple Juice 23 Roasted Chicken Yellow Rice Vegetable Mix Canned Apricots Alt. Gefilte Fish
Orange Pineapple Juice 26 Stuffed Cabbage w/Beef Bowtie Noodles Green Beans w/Tomato Wildberry Applesauce Alt. Egg Salad	Orange Juice 27 Chicken Piccata Toasted Barley & Onion Braised Red Cabbage w/ Apples Canned Apricots Alt. Tuna Salad	Apple Juice 28 Veggie Burger Mashed Sweet Potatoes Winter Blend Vegetables Orange Alt. Baked Flounder Fish	Orange Pineapple Juice 29 Breaded Tilapia Brown Rice w/Mushrooms Steamed Kiwi Alt. Baked Turkey Breast	Orange Juice 30 Baked Chicken Legs Roasted Potatoes Sautéed Spinach Apple Alt. Gefilte Fish