September 2022
Grab and Go Menu

Please note that the Carter Burden Luncheon Club is only open for Grab and Go meal distribution at this time. All Classes and Congregate Lunch remain suspended until further notice. Grab and Go meal distribution will take place in the lobby.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CARTER BURDEN NETWORK
CARTER BURDEN LUNCHEON CLUB
351 East 74th Street
Phone: 646-937-3520
www.carterburdennetwork.org

Hours Open to the Public:
Monday to Friday 11am – 12pm for Grab and Go meals only

1
Chicken Stir Fry with Vegetables
White Rice
Oriental Blend Vegetables
Canned Pears
Orange Juice

2
Baked Basa Fish
Ginger Sauce
Barley
Steamed Spinach
Apple Juice
Kiwi

3
Chicken Fajitas
Brown Rice with Pigeon Peas
Steamed Zucchini
Apple
Orange Juice

4
Vegetable Lasagna
Steamed Spinach
Apple Juice
Rice Pudding

5
Cranberry Chicken
Sweet Baked Yams
Steamed Broccoli and Cauliflower
Banana
Orange Pineapple Juice

6
Asian Style White Fish with Cilantro
Homemade Mashed Potatoes
Sautéed Bok Choy
Apple Juice
Canned Pineapple

7
Vegetarian Sanocho
Yellow Rice and Pigeon Peas
California Blend Vegetables
Apple Juice
Orange Juice

8
BBQ Chicken Leg Quarters
Macaroni
Zucchini with Onions and Peppers
Apple Juice
Fruit Cocktail

9
Hawaiin Chicken Legs
Egg Noodles
Italian Cut Green Beans
Applesauce
Orange Juice

10
Sweet Orange Salmon
Barley
Steamed Broccoli and Cauliflower
Orange Pineapple Juice
Sliced Canned Peaches

11
Arroz con Pollo Chicken Breast and Rice
Steamed Broccoli and Cauliflower
Apple Juice
Canned Pineapple

12
Chicken Picatta with Lemon Sauce
Bowtie Pasta
Italian Blend Vegetables
Orange Juice
Tapioca Pudding

13
Baked Turkey Breast
Sauteed Spinach
Sweet Baked Yams
Apple
Orange Pineapple Juice
 Cranberry Sauce

14
Baked Basa Fish
Light Basil Cream Sauce
Orzo Pilaf
Steamed Spinach
Kiwi
Orange Pineapple Juice

15
Arroz con Pollo Chicken Breast and Rice
Steamed Broccoli and Cauliflower
Apple Juice
Canned Pineapple

16
Baked Fish Marsala with Mushrooms
Garlic Mashed Potatoes
Okra with Tomatoes
Apple Juice
Fruit Cocktail

17
Baked Chicken Thighs
Garlic Mashed Potatoes
Steamed Broccoli
Canned Pears
Orange Juice

18
Bean Burrito with Whole Wheat Tortilla
Baby Carrots with Parsley
Apple Juice
Orange

19
Baked Chicken Thighs
Garlic Mashed Potatoes
Steamed Broccoli
Canned Pears
Orange Juice

20
Baked Chicken Quarters
Half White Rice and Half Quinoa
Curry Cabbage
Apple Juice
Banana

21
Apricot Glazed Salmon
Pasta
Spinach
Apple
Orange Juice

22
Beef Meatballs with Sofrito
Egg Noodles
California Blend Vegetables
Kiwi
Orange Pineapple Juice

23
Baked Fish Marsala with Mushrooms
Garlic Mashed Potatoes
Okra with Tomatoes
Apple Juice
Fruit Cocktail

24
Baked Chicken Thighs
Garlic Mashed Potatoes
Steamed Broccoli
Canned Pears
Orange Juice

25
Baked Chicken Thighs
Garlic Mashed Potatoes
Steamed Broccoli
Canned Pears
Orange Juice

26
Baked Chicken Thighs
Garlic Mashed Potatoes
Steamed Broccoli
Canned Pears
Orange Juice

27
Baked Chicken Thighs
Garlic Mashed Potatoes
Steamed Broccoli
Canned Pears
Orange Juice

28
Baked Chicken Quarters
Half White Rice and Half Quinoa
Curry Cabbage
Apple Juice
Banana

29
Apricot Glazed Salmon
Pasta
Spinach
Apple
Orange Juice

30
Baked Chicken Thighs
Garlic Mashed Potatoes
Steamed Broccoli
Canned Pears
Orange Juice

**CENTRAL CLOSED IN OBSERVANCE OF LABOR DAY**

**Notes:**
- All Classes and Congregate Lunch remain suspended until further notice.
- Grab and Go meal distribution will take place in the lobby.
- Please note that the Carter Burden Luncheon Club is only open for Grab and Go meal distribution at this time.
- Hours Open to the Public: Monday to Friday 11am – 12pm for Grab and Go meals only.