

# July Menu 2009

Carter Burden Luncheon Club  
351 E. 74th, NYC 10021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Salmon Rice Pilaf Broccoli	2 BBQ Chicken Mac & Cheese Green Beans	3 Closed Happy Fourth of JULY!!	4
5	6 Eggplant Roulette Penne Zucchini	7 Chicken Alfredo Broccoli Red Potatoes	8 Cheeseburger Oven Fries Baby Carrots	9 Chicken Stir Fry Brown Rice Snap Peas	10 Talapia Sweet Potato Green Beans	11
12	13 Spaghetti w/ Meatballs Green Beans	14 Chicken Caesar Salad Baby Carrots	15 Roast Beef Mashed Potato Broccoli	16 Rosemary Chicken Couscous Kale	17 Catfish Rice & Beans Mixed Veggies	18
19	20 Swedish Meatballs Egg Noodles Mixed Veggies	21 Turkey w/ Swiss on a roll Macaroni Salad Broccoli	22 Meatloaf Baked Potato Spinach	23 Roast Chicken Brown Rice Cauliflower	24 Talapia Boiled Potato w/ Parsley Carrots	25
26	27 Pork Chop Boiled Potato Zucchini	28 Lemon Chicken Mashed Potato Collard Greens	29 Salmon Rice Pilaf Broccoli	30 BBQ Chicken Mac & Cheese Green Beans	31 Sole Medallion Couscous Spinach	