

**Armstrong Senior Center LUNCH MENU MAR / Sponsored by Wayside Out-Reach Development / Funded by NYC Aging 2025**

<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
<p><b><u>3</u></b>                      Beef Meatloaf                      Whole Wheat Dinner Roll                      Garlic Mashed Potatoes                      Steamed Green Beans</p>	<p><b><u>5</u></b>                      Stewed Chicken Breast                      Rice &amp; Beans                      Broccoli &amp; Red Peppers                      Yellow Plantains</p>	<p><b><u>7</u></b>                      Baked Salmon with Lemon Tarragon &amp; Thyme                      Rice Pilaf                      The Ultimate Healthy Cornbread                      Creamy Spinach</p>
<p><b><u>10</u></b>                      Baked Chicken Quarters                      Brown Rice                      Whole Wheat Bread                      Winter Blend Vegetables</p>	<p><b><u>12</u></b>                      Beef Hamburger                      Sautéed Onions &amp; Peppers                      Whole Wheat Hamburger Bun                      Baked Fries                      Kale with Tomato</p>	<p><b><u>14</u></b>                      Baked Salmon                      Whole Wheat Bread                      Yellow Rice                      Italian Cut Green Beans</p>
<p><b><u>17</u></b>                      BBQ Beef Ribs                      Yellow Rice                      Sautéed String Beans</p>	<p><b><u>19</u></b>                      Tuna Salas                      Whole Wheat Bread                      Beet Salad                      Cole Slaw</p>	<p><b><u>21</u></b>                      Teriyaki Baked Fish                      Classic Garlic Bread                      Mashed Sweet Potatoes                      Sautéed Spinach</p>
<p><b><u>24</u></b>                      Beef Meatballs in Tomato Sauce                      Spaghetti                      Whole Wheat Bread                      Broccoli with Toasted Garlic</p>	<p><b><u>26</u></b>                      Baked Chicken Quarters                      Whole Wheat Bread                      Baked Potato                      Steamed Red or Green Cabbage</p>	<p><b><u>28</u></b>                      Fish with Creole Sauce                      Brown Rice                      Whole Wheat Dinner Roll                      Italian Blend Vegetables</p>
<p><b><u>31</u></b></p>		

**MENU IS SUBJECT TO CHANGE: Contributions are SUGGESTED Donations**

Louis Armstrong Center | 360 Norstrand Avenue, Brooklyn, NY 11216 | (347)-425-1078

**LUNCH TIME: 12:30PM – 1:30PM**

**LUNCH MENUS WILL BE PROVIDED WITH A FRUIT, JUICE / MILK, MARGARINE\***