GLENMORE SOCIAL CLUB

OCTOBER

WAYSIDE OUTREACH DEVELOPMENT INC.
GLENMORE SENIOR CENTER 1777 PITKIN AVENUE BROOKLYN, NY, 11212

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested Meal Contributions are used to help supplement the program development. Suggested Donations/Contribution are used to enhance the program: • Performances • DJ's/Musicians • Parties/Party Supplies • Gifts • Trips • Decorations GLENMORE appreciates any, and all contributions given by the membership. Have a great day! FUNDED BY NYC AGING		October 1 (Wed): Today's lunch is Pernil (Roasted Pork Shoulder), served with White Rice, Whole Wheat Bread, Cooked Cabbage, and Garlic Mashed Potatoes. The meal is completed with fresh Cantaloupe.	October 2 (Thu): The entrée is Caribbean Style BBQ Chicken, accompanied by Whole Wheat Bread, Baked Sweet Potato, and Boiled Southern Greens. An Orange is provided for dessert.	October 3 (Fri): Lunch features Fish with Creole Sauce, served with Yellow Rice and Whole Wheat Bread. A crisp Tossed Salad and a fresh Pear complete the meal.
October 6 (Mon): The main course is Turkey Meatloaf with Mushroom Gravy, served alongside Pasta, Whole Wheat Bread, and Steamed Carrots. A Banana is included for fruit.	October 7 (Tue): Today is a vegan option: Homestyle Whole Grain Mac and Cheese with Whole Wheat Bread. The side is a Baby Spinach Salad with Lemon Vinaigrette, followed by Watermelon.	October 8 (Wed): A hearty Beef Stew is served with White Rice, Whole Wheat Bread, and Balsamic Roasted Brussels Sprouts. The fruit component is Canned Pineapple.	October 9 (Thu): Lunch features Curried Chicken Legs, Whole Wheat Bread, Garlic Mashed Potatoes, and Steamed Cabbage. A fresh Orange is provided for dessert.	October 10 (Fri): The meal is Fish with Creole Sauce with a Whole Wheat Dinner Roll. Sides include a Baked Potato and Italian Blend Vegetables, completed with
October 13 (Mon): Today's entrée is Baked Turkey Wings with a Whole Wheat Dinner Roll. Sides are Kale with Tomato and Sweet Baked Yams, served with a crisp Apple.	October 14 (Tue): The menu offers Dominican Vegan Sancocho (Root Vegetable Stew) with White Rice, Whole Wheat Bread, and a Tossed Salad. An Orange is included for fruit.	October 15 (Wed): Caribbean Style BBQ Chicken is served with Whole Wheat Bread. The side is a Baby Spinach Salad with Lemon Vinaigrette, followed by	October 16 (Thu): A warm, comforting meal of Braised Beef Short Ribs is served with Yellow Rice and Whole Wheat Bread. Sides are Steamed Collard Greens and Garlic Mashed Potatoes, plus a	October 17 (Fri): Lunch features Baked Marinated Fish with Whole Wheat Bread. Sides are Winter Blend Vegetables and Yuca with Onions, with a Banana and Fruited Jello for dessert.
October 20 (Mon): Today's meal is a Turkey Burger with Cheese on a Whole Wheat Hamburger Bun. Sides are Caribbean Coleslaw and Roasted Sweet Potato Fries, served with a Pear.	October 21 (Tue): The meal starts with Vegetable Soup, followed by Southwestern Black Bean Fajitas with Multigrain Flatbread. The sides are Tossed Salad, Honeydew, and Fruited Jello.	October 22 (Wed): Brown Stew Chicken is served with Rice and Beans and Whole Wheat Bread. The side is Steamed Carrots, with fresh Papaya for dessert.	October 23 (Thu): Lunch features Stewed Pork Chops with Brown Rice and Whole Wheat Bread. Sides are Steamed Broccoli, Canned Sliced Peaches, and Fruited Jello.	October 24 (Fri): The entrée is Fish with Creole Sauce, Sauteed Onions, and Peppers, served with Whole Wheat Bread. Sides are Garlic and Rosemary Roasted Potatoes and Steamed Kale, plus Cantaloupe.
October 27 (Mon): Braised Beef Short Ribs are served with a Whole Wheat Dinner Roll. Sides include Garlic Mashed Potatoes and Sauteed Spinach, with a Fresh Fruit Salad.	October 28 (Tue): The main course is Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas) and Whole Wheat Bread. A crisp Arugula Salad and Cantaloupe complete the meal.	October 29 (Wed): Stewed Chicken Breast is served with Rice and Beans and Whole Wheat Bread. Sides are Broccoli and Red Peppers and Yellow Plantains, with Watermelon for fruit.	October 30 (Thu): Today's meal is Baked Turkey Meatballs with Spaghetti and a Whole Wheat Hamburger Bun. The side is a Baby Spinach Salad with Lemon Vinaigrette, and an Orange is included.	A special lunch for the final day is Baked Salmon with Lemon, Tarragon and Thyme, with Rice Pilaf and Whole Wheat Bread. Sides are Creamy Spinach and Tossed Salad with a Pear for fruit.