

JANUARY

WAYSIDE OUTREACH DEVELOPMENT INC.

GLENMORE SENIOR CENTER 1777 PITKIN AVENUE BROOKLYN, NY, 11212

FUNDED BY NYC AGING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUGGESTED MEAL CONTRIBUTIONS ARE USED TO HELP SUPPLEMENT THE PROGRAM DEVELOPMENT.

PROGRAM WHICH INCLUDE:

- PERFORMANCES
- DJ'S/MUSICIANS • PARTIES/PARTY SUPPLIES
- GIFTS • TRIPS • DECORATIONS AND MORE

GLENMORE APPRECIATES ANY, AND ALL CONTRIBUTIONS GIVEN BY THE MEMBERSHIP. HAVE A GREAT DAY!

**GLENMORE
SOCIAL CLUB**

**SORRY! WE'RE
CLOSED**

2026

ENJOY FISH WITH

CREOLE SAUCE

SERVED WITH A

BAKED POTATO,

ITALIAN BLEND

VEGETABLES,

CANTALOUPE, AND 1%

LOW-FAT MILK.

MONDAY, JAN 5:
BAKED TURKEY WINGS
SERVED WITH KALE
WITH TOMATO, SWEET
BAKED YAMS, AN
APPLE, AND 1% LOW-
FAT MILK.

TUESDAY, JAN 6:
DOMINICAN VEGAN
SANCOCHO (ROOT
VEGETABLE STEW)
SERVED WITH A
TOSSED SALAD, AN
ORANGE, AND 1%
LOW-FAT MILK.

WEDNESDAY, JAN 7:
CARIBBEAN STYLE BBQ
CHICKEN
ACCOMPANIED BY A
BABY SPINACH SALAD,
GARLIC MASHED
POTATOES,
CANTALOUPE, AND 1%
LOW-FAT MILK.

THURSDAY, JAN 8:
BRAISED BEEF SHORT
RIBS SERVED WITH
STEAMED COLLARD
GREENS, A FRESH
FRUIT SALAD, AND 1%
LOW-FAT MILK

FRIDAY, JAN 9: BAKED
MARINATED FISH
SERVED WITH WINTER
BLEND VEGETABLES,
YUCA WITH ONIONS, A
BANANA, AND 1%
LOW-FAT MILK.

MONDAY, JAN 12:
TURKEY BURGER WITH
CHEESE SERVED WITH
CARIBBEAN
COLESLAW, ROASTED
SWEET POTATO FRIES,
A PEAR, AND 1% LOW-
FAT MILK.

TUESDAY, JAN 13:
SOUTHWESTERN
BLACK BEAN FAJITAS
ACCOMPANIED BY A
TOSSED SALAD,
HONEYDEW, AND 1%
LOW-FAT MILK

WEDNESDAY, JAN 14:
BROWN STEW
CHICKEN SERVED
WITH STEAMED
CARROTS, PAPAYA,
AND 1% LOW-FAT
MILK.

THURSDAY, JAN 15:
STEWED PORK CHOPS
SERVED WITH
STEAMED BROCCOLI,
CANNED SLICED
PEACHES, AND 1%
LOW-FAT MILK

FRIDAY, JAN 16: FISH
WITH CREOLE SAUCE
SERVED WITH GARLIC
AND ROSEMARY
ROASTED POTATOES,
STEAMED KALE,
CANTALOUPE, AND 1%
LOW-FAT MILK.

MONDAY, JAN 19:
BRAISED BEEF SHORT
RIBS SERVED WITH
GARLIC MASHED
POTATOES, SAUTÉED
SPINACH, A FRESH
FRUIT SALAD, AND 1%
LOW-FAT MILK.

TUESDAY, JAN 20:
ARROZ CON GANDULES
SERVED WITH AN
ARUGULA SALAD,
CANTALOUPE, AND 1%
LOW-FAT MILK.

WEDNESDAY, JAN
21: STEWED
CHICKEN BREAST
SERVED WITH
BROCCOLI AND RED
PEPPERS, YELLOW
PLANTAINS,
WATERMELON, AND
1% LOW-FAT MILK.

THURSDAY, JAN 22:
BAKED TURKEY
MEATBALLS SERVED
WITH A BABY SPINACH
SALAD, AN ORANGE,
AND 1% LOW-FAT
MILK.

FRIDAY, JAN 23:
BAKED SALMON WITH
LEMON, TARRAGON,
AND THYME SERVED
WITH CREAMY
SPINACH, A TOSSED
SALAD, A PEAR, AND
1% LOW-FAT MILK.

MONDAY, JAN 26:
BAKED BREADED
LAMB CHOPS SERVED
WITH GARLIC MASHED
POTATOES, SAUTÉED
ASPARAGUS, AN
APPLE, AND 1% LOW-
FAT MILK.

TUESDAY, JAN 27:
CARIBBEAN CURRY
WITH CHICKPEAS
AND SPINACH
SERVED WITH
WINTER BLEND
VEGETABLES, A
BANANA, AND 1%
LOW-FAT MILK.

WEDNESDAY, JAN
28: BEEF
HAMBURGER WITH
SAUTÉED ONIONS
AND PEPPERS
SERVED WITH
BAKED FRIES, A
PEACH, AND 1%
LOW-FAT MILK.

THURSDAY, JAN 29:
BAKED CHICKEN
QUARTERS SERVED
WITH STEAMED
CABBAGE, KALE WITH
TOMATO, AN ORANGE,
AND 1% LOW-FAT
MILK.

JANUARY 30 (FRI):
TODAY'S LUNCH IS
BAKED SALMON
SERVED WITH BAKED
ZITI WITH CHEESE AND
ITALIAN CUT GREEN
BEANS. CANTALOUPE
IS SERVED FOR
DESSERT.

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