



FEbruary

WAYSIDE OUTREACH DEVELOPMENT INC.

GLENMORE SENIOR CENTER 1777 PITKIN AVENUE BROOKLYN, NY, 11212

FUNDED BY NYC AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 2 (MON): TODAY'S LUNCH IS A TURKEY BURGER WITH CHEESE ON A WHOLE WHEAT HAMBURGER BUN, SERVED WITH BAKED RED POTATO WEDGES, AND SLICED TOMATOES AND CUCUMBERS WITH ITALIAN DRESSING. AN ORANGE IS INCLUDED FOR FRUIT	FEBRUARY 3 (TUE): THE MEAL IS CLASSIC LENTIL SOUP SERVED WITH CLASSIC GARLIC BREAD AND CALIFORNIA BLEND VEGETABLES. A CRISP APPLE COMPLETES THE LUNCH.	FEBRUARY 4 (WED): LUNCH FEATURES PERNIL (ROASTED PORK SHOULDER) SERVED WITH WHITE RICE, WHOLE WHEAT BREAD, COOKED CABBAGE WITH SHREDDED CARROTS, AND GARLIC MASHED POTATOES. FRESH CANTALOUPE IS SERVED FOR DESSERT.	FEBRUARY 5 (THU): TODAY'S ENTRÉE IS CARIBBEAN STYLE BBQ CHICKEN WITH WHOLE WHEAT BREAD, A BAKED SWEET POTATO, AND BOILED SOUTHERN GREENS. AN ORANGE IS PROVIDED FOR FRUIT	FEBRUARY 6 (FRI): THE MEAL IS FISH WITH CREOLE SAUCE SERVED WITH YELLOW RICE, WHOLE WHEAT BREAD, AND A TOSSED SALAD WITH DRESSING. A FRESH PEAR IS INCLUDED.
FEBRUARY 9 (MON): LUNCH FEATURES TURKEY MEATLOAF WITH MUSHROOM GRAVY, SERVED WITH PASTA, WHOLE WHEAT BREAD, AND STEAMED CARROTS. A FRESH BANANA COMPLETES THE MEAL.	FEBRUARY 10 (TUE): TODAY'S LUNCH IS HOMESTYLE VEGAN WHOLE GRAIN MAC AND CHEESE SERVED WITH WHOLE WHEAT BREAD AND A BABY SPINACH SALAD WITH LEMON VINAIGRETTE. WATERMELON IS PROVIDED FOR FRUIT	FEBRUARY 11 (WED): THE MEAL IS BEEF STEW SERVED WITH WHITE RICE, WHOLE WHEAT BREAD, AND BALSAMIC ROASTED BRUSSELS SPROUTS. CANNED PINEAPPLE IS INCLUDED FOR DESSERT.	FEBRUARY 12 (THU): TODAY'S ENTRÉE IS CURRIED CHICKEN LEGS SERVED WITH WHOLE WHEAT BREAD, GARLIC MASHED POTATOES, AND STEAMED RED OR GREEN CABBAGE. AN ORANGE IS INCLUDED FOR FRUIT.	FEBRUARY 13 (FRI): LUNCH FEATURES FISH WITH CREOLE SAUCE SERVED WITH A WHOLE WHEAT DINNER ROLL, A BAKED POTATO, AND ITALIAN BLEND VEGETABLES. THE FRUIT COMPONENT IS CANTALOUPE.
FEBRUARY 16 (MON): THE MEAL IS BAKED TURKEY WINGS SERVED WITH A WHOLE WHEAT DINNER ROLL, KALE WITH TOMATO, AND SWEET BAKED YAMS. A CRISP APPLE IS PROVIDED	FEBRUARY 17 (TUE): TODAY'S LUNCH IS DOMINICAN VEGAN SANCOCHO (ROOT VEGETABLE STEW) SERVED WITH WHITE RICE, WHOLE WHEAT BREAD, AND A TOSSED SALAD. AN ORANGE IS INCLUDED FOR FRUIT	FEBRUARY 18 (WED): LUNCH FEATURES CARIBBEAN STYLE BBQ CHICKEN SERVED WITH WHOLE WHEAT BREAD AND A BABY SPINACH SALAD WITH LEMON VINAIGRETTE. CANTALOUPE IS THE DESSERT.	FEBRUARY 19 (THU): TODAY'S ENTRÉE IS BRAISED BEEF SHORT RIBS SERVED WITH YELLOW RICE, WHOLE WHEAT BREAD, STEAMED COLLARD GREENS, AND GARLIC MASHED POTATOES. A FRESH FRUIT SALAD IS INCLUDED.	FEBRUARY 20 (FRI): THE MEAL IS BAKED MARINATED FISH SERVED WITH WHOLE WHEAT BREAD, WINTER BLEND VEGETABLES, AND YUCA WITH ONIONS. A BANANA AND FRUITED JELLO ARE PROVIDED FOR DESSERT
FEBRUARY 23 (MON): LUNCH FEATURES A TURKEY BURGER WITH CHEESE ON A WHOLE WHEAT HAMBURGER BUN, SERVED WITH CARIBBEAN COLESLAW AND ROASTED SWEET POTATO FRIES. A FRESH PEAR IS INCLUDED.	FEBRUARY 24 (TUE): TODAY'S MEAL INCLUDES VEGETABLE SOUP AND SOUTHWESTERN BLACK BEAN FAJITAS ON MULTIGRAIN FLATBREAD WITH A TOSSED SALAD. HONEYDEW AND FRUITED JELLO ARE SERVED.	FEBRUARY 25 (WED): THE MEAL IS BROWN STEW CHICKEN SERVED WITH RICE AND BEANS, WHOLE WHEAT BREAD, AND STEAMED CARROTS. PAPAYA IS PROVIDED FOR FRUIT.	FEBRUARY 26 (THU): LUNCH FEATURES STEWED PORK CHOPS SERVED WITH BROWN RICE, WHOLE WHEAT BREAD, AND STEAMED BROCCOLI. CANNED SLICED PEACHES AND FRUITED JELLO ARE INCLUDED.	FEBRUARY 27 (FRI): TODAY'S ENTRÉE IS FISH WITH CREOLE SAUCE WITH SAUTEED ONIONS AND PEPPERS, SERVED WITH WHOLE WHEAT BREAD, GARLIC AND ROSEMARY ROASTED POTATOES, AND STEAMED KALE. FRESH CANTALOUPE IS PROVIDED.

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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!



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SOCIAL CLUB

