



March

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

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

FUNDED BY NYC AGING

MARCH 2 (MON): LUNCH FEATURES BRAISED BEEF SHORT RIBS SERVED WITH A WHOLE WHEAT DINNER ROLL, GARLIC MASHED POTATOES, AND SAUTEED SPINACH. A FRESH FRUIT SALAD IS INCLUDED.

MARCH 3 (TUE): THE MEAL IS ARROZ CON GANDULES (MEXICAN STYLE BROWN RICE WITH PIGEON PEAS) SERVED WITH WHOLE WHEAT BREAD AND AN ARUGULA SALAD WITH BALSAMIC VINAIGRETTE. THE FRUIT IS CANTALOUPE.

MARCH 4 (WED): TODAY'S LUNCH IS STEWED CHICKEN BREAST SERVED WITH RICE AND BEANS, WHOLE WHEAT BREAD, BROCCOLI AND RED PEPPERS, AND YELLOW PLANTAINS. WATERMELON IS PROVIDED.

MARCH 5 (THU): THE ENTRÉE IS BAKED TURKEY MEATBALLS SERVED WITH SPAGHETTI, A WHOLE WHEAT HAMBURGER BUN, AND A BABY SPINACH SALAD WITH LEMON VINAIGRETTE. AN ORANGE COMPLETES THE MEAL.

MARCH 6 (FRI): LUNCH FEATURES BAKED SALMON WITH LEMON, TARRAGON AND THYME SERVED WITH RICE PILAF, WHOLE WHEAT BREAD, CREAMY SPINACH, AND A TOSSED SALAD. A PEAR IS INCLUDED FOR DESSERT.

MARCH 9 (MON): TODAY'S MEAL IS BAKED BREADED LAMB CHOPS SERVED WITH GARLIC MASHED POTATOES AND A SALAD OF ASPARAGUS, SPINACH, APPLE, AND RED ONION. A FRESH APPLE IS PROVIDED.

MARCH 10 (TUE): THE LUNCH IS CARIBBEAN CURRY WITH CHICKPEAS AND SPINACH SERVED WITH BROWN RICE, WHOLE WHEAT BREAD, AND WINTER BLEND VEGETABLES. A BANANA IS INCLUDED.

MARCH 11 (WED): LUNCH FEATURES A BEEF HAMBURGER WITH SAUTEED ONIONS AND PEPPERS ON A WHOLE WHEAT HAMBURGER BUN, SERVED WITH BAKED FRIES AND KALE WITH TOMATO. THE FRUIT IS A PEACH.

MARCH 12 (THU): TODAY'S ENTRÉE IS BAKED CHICKEN QUARTERS SERVED WITH ARROZ CON GANDULES AND STEAMED RED OR GREEN CABBAGE. AN ORANGE IS INCLUDED.

MARCH 13 (FRI): THE MEAL IS BAKED SALMON SERVED WITH BAKED ZITI WITH CHEESE, WHOLE WHEAT BREAD, AND ITALIAN CUT GREEN BEANS. CANTALOUPE IS PROVIDED FOR FRUIT.

MARCH 16 (MON): LUNCH FEATURES A TURKEY BURGER WITH CHEESE ON A WHOLE WHEAT HAMBURGER BUN, SERVED WITH BAKED RED POTATO WEDGES AND A TOMATO AND CUCUMBER SALAD. AN ORANGE IS INCLUDED.

MARCH 17 (TUE): TODAY'S LUNCH IS CLASSIC LENTIL SOUP SERVED WITH GARLIC BREAD AND CALIFORNIA BLEND VEGETABLES. A FRESH APPLE COMPLETES THE MEAL.

MARCH 18 (WED): THE MEAL FEATURES PERNIL (ROASTED PORK SHOULDER) SERVED WITH WHITE RICE, WHOLE WHEAT BREAD, COOKED CABBAGE WITH CARROTS, AND GARLIC MASHED POTATOES. CANTALOUPE IS PROVIDED.

MARCH 19 (THU): LUNCH IS CARIBBEAN STYLE BBQ CHICKEN SERVED WITH WHOLE WHEAT BREAD, A BAKED SWEET POTATO, AND BOILED SOUTHERN GREENS. AN ORANGE IS THE FRUIT.

MARCH 20 (FRI): TODAY'S MEAL IS FISH WITH CREOLE SAUCE SERVED WITH YELLOW RICE, WHOLE WHEAT BREAD, AND A TOSSED SALAD. A PEAR IS INCLUDED.

MARCH 23 (MON): THE ENTRÉE IS TURKEY MEATLOAF WITH MUSHROOM GRAVY SERVED WITH PASTA, WHOLE WHEAT BREAD, AND STEAMED CARROTS. A BANANA IS PROVIDED.

MARCH 24 (TUE): LUNCH FEATURES HOMESTYLE VEGAN WHOLE GRAIN MAC AND CHEESE SERVED WITH WHOLE WHEAT BREAD AND A BABY SPINACH SALAD. WATERMELON IS SERVED FOR DESSERT.

MARCH 25 (WED): TODAY'S LUNCH IS BEEF STEW SERVED WITH WHITE RICE, WHOLE WHEAT BREAD, AND BALSAMIC ROASTED BRUSSELS SPROUTS. CANNED PINEAPPLE IS PROVIDED.

MARCH 26 (THU): THE MEAL FEATURES CURRIED CHICKEN LEGS SERVED WITH WHOLE WHEAT BREAD, GARLIC MASHED POTATOES, AND STEAMED CABBAGE. AN ORANGE IS INCLUDED.

MARCH 27 (FRI): LUNCH FEATURES FISH WITH CREOLE SAUCE SERVED WITH A WHOLE WHEAT DINNER ROLL, A BAKED POTATO, AND ITALIAN BLEND VEGETABLES. THE FRUIT IS CANTALOUPE.

MARCH 30 (MON): TODAY'S ENTRÉE IS BAKED TURKEY WINGS SERVED WITH A WHOLE WHEAT DINNER ROLL, KALE WITH TOMATO, AND SWEET BAKED YAMS. A FRESH APPLE IS INCLUDED.

MARCH 31 (TUE): THE MEAL IS DOMINICAN VEGAN SANCOCHO (ROOT VEGETABLE STEW) SERVED WITH WHITE RICE, WHOLE WHEAT BREAD, AND A TOSSED SALAD. AN ORANGE IS PROVIDED.

GLENMORE SOCIAL CLUB

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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