



# APRIL



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

FUNDED BY NYC AGING

**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!**

**APRIL 1 (WED): LUNCH CONSISTS OF CARIBBEAN STYLE BBQ CHICKEN SERVED WITH WHOLE WHEAT BREAD, A BABY SPINACH SALAD WITH LEMON VINAIGRETTE, AND GARLIC MASHED POTATOES. CANTALOUPE IS PROVIDED FOR FRUIT.**

**APRIL 2 (THU): TODAY'S ENTRÉE IS BRAISED BEEF SHORT RIBS SERVED WITH WHOLE WHEAT BREAD, YELLOW RICE, AND STEAMED COLLARD GREENS. A FRESH FRUIT SALAD IS INCLUDED**

**APRIL 3 (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 SERVED FOR DESSERT.**

**APRIL 6 (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.**

**APRIL 7 (TUE): TODAY'S MEAL INCLUDES VEGETABLE SOUP AS AN APPETIZER FOLLOWED BY SOUTHWESTERN BLACK BEAN FAJITAS ON MULTIGRAIN FLATBREAD WITH A TOSSED SALAD. HONEYDEW AND FRUITED JELLO ARE SERVED.**

**APRIL 8 (WED): THE LUNCH IS BROWN STEW CHICKEN SERVED WITH RICE AND BEANS, WHOLE WHEAT BREAD, AND STEAMED CARROTS. PAPAAYA IS PROVIDED FOR FRUIT**

**APRIL 9 (THU): TODAY'S ENTRÉE IS STEWED PORK CHOPS SERVED WITH BROWN RICE, WHOLE WHEAT BREAD, AND STEAMED BROCCOLI. CANNED SLICED PEACHES AND FRUITED JELLO ARE INCLUDED**

**APRIL 10 (FRI): LUNCH FEATURES 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**

**APRIL 13 (MON): THE MEAL FEATURES BRAISED BEEF SHORT RIBS SERVED WITH A WHOLE WHEAT DINNER ROLL, GARLIC MASHED POTATOES, AND SAUTEED SPINACH. A FRESH FRUIT SALAD IS INCLUDED.**

**APRIL 14 (TUE): TODAY'S LUNCH 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.**

**APRIL 15 (WED): LUNCH FEATURES STEWED CHICKEN BREAST SERVED WITH RICE AND BEANS, WHOLE WHEAT BREAD, BROCCOLI AND RED PEPPERS, AND YELLOW PLANTAINS. WATERMELON IS PROVIDED FOR FRUIT.**

**APRIL 16 (THU): TODAY'S 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.**

**APRIL 17 (FRI): THE MEAL IS BAKED SALMON WITH LEMON, TARRAGON AND THYME SERVED WITH RICE PILAF, WHOLE WHEAT BREAD, CREAMY SPINACH, AND A TOSSED SALAD. A PEAR IS INCLUDED.**

**APRIL 20 (MON): LUNCH FEATURES BAKED BREADED LAMB CHOPS SERVED WITH WHOLE WHEAT BREAD, GARLIC MASHED POTATOES, AND A SALAD OF ASPARAGUS, SPINACH, APPLE, AND RED ONION. A FRESH APPLE IS PROVIDED.**

**APRIL 21 (TUE): TODAY'S LUNCH IS CARIBBEAN CURRY WITH CHICKPEAS AND SPINACH SERVED WITH BROWN RICE, WHOLE WHEAT BREAD, AND WINTER BLEND VEGETABLES. A BANANA IS INCLUDED.**

**APRIL 22 (WED): LUNCH FEATURES A BEEF BURGER WITH SAUTEED ONIONS AND PEPPERS ON A WHOLE WHEAT HAMBURGER BUN, SERVED WITH BAKED FRIES AND KALE WITH TOMATO. THE FRUIT IS A PEACH.**

**APRIL 23 (THU): TODAY'S ENTRÉE IS BAKED CHICKEN QUARTERS SERVED WITH ARROZ CON GANDULES AND STEAMED RED OR GREEN CABBAGE. AN ORANGE IS INCLUDED.**

**APRIL 24 (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.**

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**APRIL 27 (MON): TODAY'S LUNCH IS 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.**

**APRIL 28 (TUE): LUNCH FEATURES CLASSIC LENTIL SOUP SERVED WITH GARLIC BREAD AND CALIFORNIA BLEND VEGETABLES. A FRESH APPLE COMPLETES THE MEAL.**

**APRIL 29 (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.**

**APRIL 30 (THU): TODAY'S ENTRÉE IS CARIBBEAN STYLE BBQ CHICKEN SERVED WITH WHOLE WHEAT BREAD, A BAKED SWEET POTATO, AND BOILED SOUTHERN GREENS. AN ORANGE IS PROVIDED FOR FRUIT**



**GLENMORE SOCIAL CLUB**