

**MAY 2026**  
**MONTHLY LUNCH CALANDER**

**APRIL LUNCH MENU – Whole Wheat Bread & 1% Milk Included**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Fish w/ creole sauce, Rice w/ chickpeas, Steamed cabbage, Fresh Pineapple
4) Turkey & Beef Salisbury Steak w/ Mushroom Gravy, Yellow rice, California blend veggies, Banana	5) Creamy Chickpea Potato Curry, Brown Rice, Classic garlic bread, Steamed Cabbage, Orange	6) Chicken Parmesan, multigrain bread, penne, sauteed spinach, tossed salad w/ dressing, honeydew	7) Pork spareribs, cornbread, mashed sweet potatoes, steamed collard greens, cantaloupe	8) Fish w/ creole sauce, baked fries, California blend veggies, grapes
11) Sweet & sour chicken tenders, whole wheat dinner roll, garlic mashed potatoes, steamed broccoli, orange	12) Caribbean rice and red beans, tossed salad w/ dressing, cantaloupe	13) Braised beef short ribs, baked potato, brussels sprouts, watermelon	14) Baked chicken breast w/ yogurt, Multigrain bread, steamed cabbage, sweet baked yams, apple	15) Baked fish w/ mushrooms & peppers, yellow rice, sauteed string beans, grapes
18) Baked Korean chicken wings, baked mac n cheese, sautéed string beans, pear	19) Black bean teriyaki burger, whole wheat hamburger bun, roasted sweet potato fries, tossed salad w/ dressing, apple	20) stewed pork chops, brown rice, steamed spinach, orange	21) turkey burger w/ cheese, whole wheat hamburger bun, baked fries, cabbage carrot slaw, honeydew	22) Baked fish w/ lemon garlic butter sauce, sauteed onions & peppers, yellow rice, steamed carrots, banana
25) Beed & turkey meatloaf w/ mushroom gravy, kaiser roll, broccoli & red peppers, garlic mashed potatoes, cantaloupe	26) arroz con gandules, boiled southern greens, canned pineapple	27) Stuffed peppers w/ turkey, classic garlic bread, steamed carrots, honeydew	28) Stewed chicken breast, rice & beans, tossed salad w/ dressing, orange	29) Baked salmon w/ lemon, tarragon & thyme, whole grain corn muffins, steamed cabbage, sweet baked yams, banana

**MENU SUBJECT TO CHANGE!**  
**THANK YOU FOR YOUR CONTRIBUTIONS. IT HELPS TO ENHANCE THE PROGRAM WITH PARTIES, SUPPLIES AND EVENTS 😊**



# Langston Hughes Social Club

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Alexis McCain, Program Coordinator Tyrell Thomas, Program Assistant

## May 2026 Happy Mother's Day

### MONTHLY SCHEDULE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) Current Events 11AM – 12pM LUNCH 12PM- 1PM Tommy Physical Health 1PM- 2PM ARTS & Cultural 2pm - 4pm
4) Journaling 11am – 12pm  Lunch 12pm – 1pm  Health Management 1pm – 2pm  Group Discussions 2pm –3pm	5) Netflix and Chill 11am – 12pm  Lunch 12pm – 1pm  1pm -2pm  BINGO 2PM – 3PM	6) Current Events 11am – 12pm  Lunch 12pm – 1pm  Tommy Physical Health 1pm –2pm  Game Busters 2pm – 3pm	7) Walmart Trip 11AM – 12 PM  Lunch 12pm – 1pm  Journaling 2pm – 3pm  Group Discussions 3pm – 4pm	8) Mother's Day Sip & Paint 12PM- 4PM  Tommy Physical Health 1PM- 2PM
11) Journaling 11am – 12pm  Lunch 12pm – 1pm  Health Management 1pm – 2pm  Group Discussions 2pm –3pm	12) Elder Abuse Workshop 11am – 12pm  Lunch 12pm – 1pm  Game Busters 2pm -4pm	13) Current Events 11am – 12pm  Lunch 12pm – 1pm  Tommy Physical Health 12pm –1pm  Arts & Crafts 2pm – 3pm	14) Journaling 11AM – 12 PM  Lunch 12PM – 1PM  Pokeno 2pm – 3pm  Group Discussions 3pm – 4pm	15) Line Dance 11AM – 12pM LUNCH 12PM- 1PM  Tommy Physical Health 1PM- 2PM  ARTS & Cultural 2pm - 4pm
18) Journaling 11am – 12pm  Lunch 12pm – 1pm  Health Management 1pm – 2pm  Group Discussions 2pm –3pm	19) Netflix and Chill 11am – 12pm  Lunch 12pm – 1pm  Arts & Crafts 1pm – 2pm  Game Busters 2PM – 3PM	20) Current Events 11am – 12pm  Lunch 12pm – 1pm  Tommy Physical Health 12pm –1pm  Game Busters 2pm – 3pm	21) Journaling 11AM – 12 PM  Lunch 12PM – 1PM  Pokeno 2pm – 3pm  Group Discussions 3pm – 4pm	22) Netflix and Chill 11am – 12pm  Lunch 12pm – 1pm  Tommy Physical Health 1pm – 2pm  Arts & Crafts 2pm – 3pm
25)	26) Netflix and Chill	27)	28) NY Connects	29)Netflix and Chill