



MAY

HELLO SPRING

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MAY 4 (MON): THE MEAL IS TURKEY MEATLOAF WITH MUSHROOM GRAVY SERVED WITH PASTA, WHOLE WHEAT BREAD, AND STEAMED CARROTS. A BANANA IS PROVIDED</p>	<p>MAY 5 (TUE): TODAY'S ENTRÉE IS HOMESTYLE VEGAN WHOLE GRAIN MAC AND CHEESE SERVED WITH WHOLE WHEAT BREAD AND A BABY SPINACH SALAD WITH LEMON VINAIGRETTE. WATERMELON IS SERVED FOR DESSERT.</p>	<p>MAY 6 (WED): LUNCH CONSISTS OF BEEF STEW SERVED WITH WHITE RICE, WHOLE WHEAT BREAD, AND BALSAMIC ROASTED BRUSSELS SPROUTS. CANNED PINEAPPLE IS PROVIDED.</p>	<p>MAY 7 (THU): THE MEAL FEATURES CURRIED CHICKEN LEGS SERVED WITH WHOLE WHEAT BREAD, GARLIC MASHED POTATOES, AND STEAMED CABBAGE. AN ORANGE IS INCLUDED.</p>	<p>MAY 8 (FRI): TODAY'S LUNCH IS FISH WITH CREOLE SAUCE SERVED WITH A WHOLE WHEAT DINNER ROLL, A BAKED POTATO, AND ITALIAN BLEND VEGETABLES. THE FRUIT IS CANTALOUPE.</p>
<p>MAY 11 (MON): LUNCH FEATURES BAKED TURKEY WINGS SERVED WITH A WHOLE WHEAT DINNER ROLL, KALE WITH TOMATO, AND SWEET BAKED YAMS. A FRESH APPLE IS PROVIDED.</p>	<p>MAY 12 (TUE): TODAY'S MEAL IS DOMINICAN VEGAN SANCOCHO (ROOT VEGETABLE STEW) SERVED WITH WHITE RICE, WHOLE WHEAT BREAD, AND A TOSSED SALAD. AN ORANGE IS INCLUDED.</p>	<p>MAY 13 (WED): THE MEAL FEATURES CARIBBEAN STYLE BBQ CHICKEN SERVED WITH WHOLE WHEAT BREAD, A BABY SPINACH SALAD WITH LEMON VINAIGRETTE, AND GARLIC MASHED POTATOES. CANTALOUPE IS THE FRUIT.</p>	<p>MAY 14 (THU): LUNCH CONSISTS OF BRAISED BEEF SHORT RIBS SERVED WITH WHOLE WHEAT BREAD, YELLOW RICE, AND STEAMED COLLARD GREENS. A FRESH FRUIT SALAD IS INCLUDED.</p>	<p>MAY 15 (FRI): TODAY'S ENTRÉE IS BAKED MARINATED FISH SERVED WITH WHOLE WHEAT BREAD, WINTER BLEND VEGETABLES, AND YUCA WITH ONIONS. A BANANA AND FRUITED JELLO ARE PROVIDED.</p>
<p>MAY 18 (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.</p>	<p>MAY 19 (TUE): TODAY'S MEAL INCLUDES VEGETABLE SOUP FOLLOWED BY SOUTHWESTERN BLACK BEAN FAJITAS ON MULTIGRAIN FLATBREAD WITH A TOSSED SALAD. HONEYDEW AND FRUITED JELLO ARE SERVED.</p>	<p>MAY 20 (WED): THE LUNCH IS BROWN STEW CHICKEN SERVED WITH RICE AND BEANS, WHOLE WHEAT BREAD, AND STEAMED CARROTS. PAPAYA IS PROVIDED FOR FRUIT.</p>	<p>MAY 21 (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.</p>	<p>MAY 22 (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.</p>
<p>MAY 25 (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.</p>	<p>MAY 26 (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.</p>	<p>MAY 27 (WED): LUNCH FEATURES STEWED CHICKEN BREAST SERVED WITH RICE AND BEANS, WHOLE WHEAT BREAD, BROCCOLI AND RED PEPPERS, AND YELLOW PLANTAINS. WATERMELON IS PROVIDED</p>	<p>MAY 28 (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.</p>	<p>MAY 29 (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 FOR DESSERT.</p>

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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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