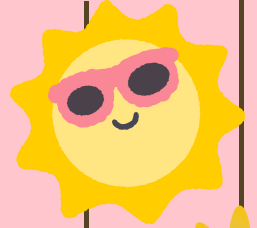




# June



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

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

FUNDED BY NYC AGING

**MONDAY (6/1): BAKED BREADED LAMB CHOPS, WHOLE WHEAT BREAD, GARLIC MASHED POTATOES, SAUTEED ASPARAGUS, SPINACH, APPLE & RED ONION SALAD, APPLE, 1% LOW FAT MILK**

**TUESDAY (6/2): CARIBBEAN CURRY WITH CHICKPEAS AND SPINACH, BROWN RICE (\$1/2\$ CUP), WHOLE WHEAT BREAD, WINTER BLEND VEGETABLES, BANANA, 1% LOW FAT MILK**

**WEDNESDAY (6/3): BEEF HAMBURGER WITH SAUTEED ONIONS AND PEPPERS, WHOLE WHEAT HAMBURGER BUN, BAKED FRIES, KALE WITH TOMATO, PEACH, 1% LOW FAT MILK**

**THURSDAY (6/4): BAKED CHICKEN QUARTERS, ARROZ CON GANDULES (\$1/2\$ CUP), STEAMED RED OR GREEN CABBAGE, ORANGE, 1% LOW FAT MILK**

**FRIDAY (6/5): BAKED SALMON, BAKED ZITI WITH CHEESE, WHOLE WHEAT BREAD, ITALIAN CUT GREEN BEANS, CANTALOUPE, 1% LOW FAT MILK**

**MONDAY (6/8): TURKEY BURGER WITH CHEESE, WHOLE WHEAT HAMBURGER BUN, BAKED RED POTATO WEDGES, SLICED TOMATOES AND CUCUMBERS WITH ITALIAN DRESSING, ORANGE, 1% LOW FAT MILK**

**TUESDAY (6/9): CLASSIC LENTIL SOUP, CLASSIC GARLIC BREAD, CALIFORNIA BLEND VEGETABLES, APPLE, 1% LOW FAT MILK**

**WEDNESDAY (6/10): PERNIL (ROASTED PORK SHOULDER), WHITE RICE (\$1/2\$ CUP), WHOLE WHEAT BREAD, COOKED CABBAGE WITH SHREDDED CARROTS, GARLIC MASHED POTATOES, CANTALOUPE, 1% LOW FAT MILK**

**THURSDAY (6/11): CARIBBEAN STYLE BBQ CHICKEN, WHOLE WHEAT BREAD, BAKED SWEET POTATO, BOILED SOUTHERN GREENS, ORANGE, 1% LOW FAT MILK**

**FRIDAY (6/12): FISH WITH CREOLE SAUCE, YELLOW RICE, WHOLE WHEAT BREAD, TOSSED SALAD WITH DRESSING, PEAR, 1% LOW FAT MILK**

**MONDAY (6/15): TURKEY MEATLOAF WITH MUSHROOM GRAVY, PASTA (\$1/2\$ CUP), WHOLE WHEAT BREAD, STEAMED CARROTS, BANANA, 1% LOW FAT MILK**

**TUESDAY (6/16): HOMESTYLE VEGAN WHOLE GRAIN MAC AND CHEESE, WHOLE WHEAT BREAD, BABY SPINACH SALAD WITH LEMON VINAIGRETTE, WATERMELON, 1% LOW FAT MILK**

**WEDNESDAY (6/17): BEEF STEW, WHITE RICE (\$1/2\$ CUP), WHOLE WHEAT BREAD, BALSAMIC ROASTED BRUSSELS SPROUTS, CANNED PINEAPPLE, 1% LOW FAT MILK**

**THURSDAY (6/18): CURRIED CHICKEN LEGS, WHOLE WHEAT BREAD, GARLIC MASHED POTATOES, STEAMED RED OR GREEN CABBAGE, ORANGE, 1% LOW FAT MILK**

**FRIDAY (6/19): FISH WITH CREOLE SAUCE, WHOLE WHEAT DINNER ROLL, BAKED POTATO, ITALIAN BLEND VEGETABLES, CANTALOUPE, 1% LOW FAT MILK**



**MONDAY (6/22): BAKED TURKEY WINGS, WHOLE WHEAT DINNER ROLL, KALE WITH TOMATO, SWEET BAKED YAMS, APPLE, 1% LOW FAT MILK**

**TUESDAY (6/23): DOMINICAN VEGAN SANCOCHO (ROOT VEGETABLE STEW), WHITE RICE (\$1/2\$ CUP), WHOLE WHEAT BREAD, TOSSED SALAD WITH DRESSING, ORANGE, 1% LOW FAT MILK**

**WEDNESDAY (6/24): CARIBBEAN STYLE BBQ CHICKEN, WHOLE WHEAT BREAD, BABY SPINACH SALAD WITH LEMON VINAIGRETTE, GARLIC MASHED POTATOES, CANTALOUPE, 1% LOW FAT MILK**

**THURSDAY (6/25): BRAISED BEEF SHORT RIBS, WHOLE WHEAT BREAD, YELLOW RICE, STEAMED COLLARD GREENS, FRESH FRUIT SALAD, 1% LOW FAT MILK**

**FRIDAY (6/26): BAKED MARINATED FISH, WHOLE WHEAT BREAD, WINTER BLEND VEGETABLES, YUCA WITH ONIONS, BANANA, 1% LOW FAT MILK, FRUITED JELLO**

**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!**

hello  
SUMMER



FUNDED BY NYC AGING