

Brownsville Social Club

528 Mother Gaston Blvd, Brooklyn NY 11212

Tel: (917) 962-8275

Monday - Friday 10:00 AM to 6:00 PM

Contribution: \$2.00

July Jubilee

Celebrating Summer, Friendship & Fun!

JULY 2026 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 Baked chicken quarters Arroz con gandules (Mexican style rice) Mixed green salad with dressing Whole wheat bread 1% low fat milk orange	02 Smothered pork chops Green bean salad Mashed sweet potatoes Whole wheat bread 1% low fat milk banana	03 Baked salmon Egg noodles Vegetable mixed Whole wheat bread 1% low fat milk Apple sauce
06 Turkey with gravy Carrot salad Homemade mashed potatoes Whole wheat bread 1% low fat milk orange	07 Polish style stuffed bell peppers with lentils Brown rice Beet salad Whole wheat bread 1% low fat milk apple	08 Bbq chicken breast Baked macaroni and cheese California blend vegetables Whole wheat bread 1% low fat milk banana	09 tuna salad with egg beet salad lettuce and tomatoes Whole wheat bread 1% low fat milk watermelon	10 Baked salmon Rice and beans Oriental blend vegetables Whole wheat bread 1% low fat milk Canned slice peaches
13 Stewed chicken breast Arroz con gandules (Mexican style rice) Steamed collard greens Whole wheat bread 1% low fat milk orange	14 Lasagna roll ups with creamy tofu ricotta Beets and baby carrots with dill Whole wheat bread 1% low fat milk apple	15 Stewed pork chops Baby carrots and parsley Parmesan rosemary mashed potatoes Whole wheat bread 1% low fat milk orange	16 Pork spare ribs Yellow rice Cabbage and apple slaw Whole wheat bread 1% low fat milk apple	17 Fish with creole sauce Baked vegetable with alfredo pasta Mixed green salad with dressing Whole wheat bread 1% low fat milk nectarine
20 Stewed chicken breast Arroz con gandules (Mexican style rice) Steamed collard greens Whole wheat bread 1% low fat milk orange	21 Sesame-ginger bean and mushroom meatballs Vegan whole wheat spaghetti carbonara with tofu ricotta Steamed zucchini Whole wheat bread 1% low fat milk banana	22 Pork spare ribs Baked potato Cabbage and apple slaw Whole wheat bread 1% low fat milk apple	23 Baked turkey wings Baked macaroni and cheese Steamed carrots Whole wheat bread 1% low fat milk orange	24 Baked breaded fish brussels sprouts Homemade mashed potatoes Whole wheat bread 1% low fat milk cantaloupe
27 Bbq chicken breast Brown rice with kidney beans California blend vegetables Whole wheat bread 1% low fat milk banana	28 Spicy black bean veggie burgers Baked fries Steamed broccoli Whole wheat bread 1% low fat milk apple	29 pepper flank steak baked potato Italian cut greens Whole wheat bread 1% low fat milk cantaloupe	30 Turkey with gravy Carrot salad Mashed sweet potato Whole wheat bread 1% low fat milk orange	31 Baked salmon Yellow rice Oriental blend vegetables Whole wheat bread 1% low fat milk Canned sliced peaches

Good Food
Great Friends
Wonderful Times!

Menu is subject to change without notice.
 Your contribution is used to improve the quality of the program.

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Happy
4th of
JULY!