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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday, August 3, 2026: Braised beef short ribs are served with a whole wheat dinner roll, garlic mashed potatoes, and sauteed spinach. Fresh fruit salad, 1% low fat milk, and margarine are included on the side.	Tuesday, August 4, 2026 This meal features  plant-based arroz con gandules (Mexican-style brown rice with pigeon peas) paired with whole wheat bread and arugula with balsamic vinaigrette. Fresh cantaloupe, 1% low fat milk, and margarine finish the lunch.	Wednesday, August 5, 2026: Savor stewed chicken breast paired with rice and beans, broccoli and red peppers, and yellow plantains. Dessert and drinks feature watermelon, 1% low fat milk, and margarine.	Thursday, August 6, 2026: Baked turkey meatballs are served on spaghetti with a whole wheat hamburger bun, baby spinach salad, and mango. 1% low fat milk and margarine are provided on the tray.	Friday, August 7, 2026: Feast on baked salmon with lemon, tarragon, and thyme, paired with rice pilaf, whole wheat bread, creamy spinach, and a tossed salad. Enjoy a pear, 1% low fat milk, and margarine for the finish.
Monday, August 10, 2026: Dig into a beef hamburger with sauteed onions and peppers on a whole wheat bun, served with baked fries, garden salad, and watermelon. Margarine and 1% low fat milk complete the lunch.	Tuesday, August 11, 2026 Enjoy a chickpeas and spinach Caribbean curry with peppers served over brown rice with whole wheat bread. Sides include an Asian cucumber salad, steamed kale, a fresh banana, 1% low fat milk,	Wednesday, August 12, 2026: Enjoy jerk fish accompanied by Caribbean rice and red beans, whole wheat bread, and Italian cut green beans. Cantaloupe, 1% low fat milk, and margarine are served on the side.	Thursday, August 13, 2026: The menu offers curry goat paired with cilantro lime rice, whole wheat bread, and steamed spinach. An orange, 1% low fat milk, and margarine round out the tray.	Friday, August 14, 2026: Savor jerk fish served with Caribbean rice and red beans, whole wheat bread, and Italian cut green beans. It comes balanced with cantaloupe, 1% low fat milk, and margarine.
Monday, August 17, 2026: A turkey burger with cheese on a whole wheat bun is served with baked red potato wedges, corn, black bean, and pepper salad, and roasted broccoli. Enjoy an orange, 1% low fat milk, and margarine on the side.	Tuesday, August 18, 2026: Mediterranean lentil stew is paired with classic garlic bread, white rice, and California blend vegetables. Frozen mixed berries, 1% low fat milk, and margarine complete the meal.	Wednesday, August 19, 2026: Feast on pernil (roasted pork shoulder) with whole wheat bread, shredded carrots, and cooked cabbage with garlic mashed potatoes. Fresh cantaloupe, 1% low fat milk, and margarine are served alongside.	Thursday, August 20, 2026: Caribbean style BBQ chicken is served with whole wheat bread, a baked sweet potato, and boiled southern greens. Watermelon, 1% low fat milk, and margarine finish the tray.	Friday, August 21, 2026: Enjoy fish with Creole sauce served with yellow rice, whole wheat bread, and a tossed salad with dressing. Strawberries and fruited Jello are included for dessert along with milk and margarine.
Monday, August 24, 2026: Turkey meatloaf with mushroom gravy is served over white rice with whole wheat bread and steamed carrots. A banana, 1% low fat milk, and margarine complete the meal.	Tuesday, August 25, 2026: Savor homestyle vegan whole grain mac and cheese with whole wheat bread, baby spinach salad, and balsamic roasted Brussels sprouts. Watermelon, 1% low fat milk, and margarine are provided on the side.	Wednesday, August 26, 2026: Dig into beef stew accompanied by white rice, whole wheat bread, and steamed red or green cabbage. Dessert features canned pineapple alongside 1% low fat milk and margarine.	Thursday, August 27, 2026: This lunch features pernil (roasted pork shoulder) served with arroz con gandules, whole wheat bread, and a baked potato. Fresh mango, 1% low fat milk, and margarine finish the meal.	Friday, August 28, 2026: Enjoy fish with Creole sauce served with a whole wheat dinner roll and Italian blend vegetables. Cantaloupe, 1% low fat milk, and margarine round out the tray.
Monday, August 31, 2026: Citrus teriyaki glazed chicken is served with brown rice, a whole wheat dinner roll, kale with tomato, and sweet baked yams. Enjoy an orange, 1% low fat milk, and margarine	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!		