

BROWNSVILLE SOCIAL CLUB

📍 528 Mother Gaston Blvd,
Brooklyn, NY 11212

☎ Tel: (917) 962-8275

Monday – Friday 10am to 6pm

➤ Contribution: \$2.00 ➤

August LUNCH MENU

**Menu is subject to change without notice.

Your contribution is used to improve the quality of the program**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Baked chicken quarters Brown rice Beets and baby carrots with dill Whole wheat bread 1% low fat milk orange 	04 Eggplant parmesan with creamy cashew ricotta Potato salad Kale with tomato Whole wheat bread 1% low fat milk apple 	05 Tuna salad with eggs Macaroni salad Cucumber and tomato salad with balsamic vinaigrette Whole wheat bread 1% low fat milk banana 	06 Baked ziti with cheese Cabbage salad with wheat berries Whole wheat bread 1% low fat milk cantaloupe 	07 Oven fried fish Brown rice with kidney beans Spiced mixed vegetables Whole wheat bread 1% low fat milk apple 
10 Curried chicken legs White rice Cabbage carrot slaw Whole wheat bread 1% low fat milk cantaloupe 	11 Smokey black bean and sweet potato chili Brown rice Beets and baby carrots with dill Whole wheat bread 1% low fat milk apple 	12 Baked chicken quarters Arroz con gandules Mixed green salad with dressing Whole wheat bread 1% low fat milk orange 	13 Smothered pork chops Green beans salad Mashed sweet potatoes Whole wheat bread 1% low fat milk banana 	14 Baked salmon Egg noodles Vegetable mix Whole wheat bread 1% low fat milk Applesauce 
17 Turkey with gravy Carrot salad Homemade mashed potatoes Whole wheat bread 1% low fat milk orange 	18 Polish style stuffed peppers with lentils Beet salad Whole wheat bread 1% low fat milk apple 	19 Bbq chicken breast Baked macaroni and cheese California blend veggies Whole wheat bread 1% low fat milk banana 	20 Deluxe cheese burger with sautéed green peppers and onions Baked fries Italian cut greens Whole wheat bread 1% low fat milk cantaloupe 	21 Baked salmon Rice and beans Oriental blend veggies Whole wheat bread 1% low fat milk
24 Stewed chicken breast Arroz con gandules Steamed collard greens Whole wheat bread 1% low fat milk orange 	25 Lasagna roll ups with creamy tofu ricotta Beets and baby carrots with dill Whole wheat bread 1% low fat milk apple 	26 Stewed pork chops Baby carrots and parsley Parmesan rosemary mashed potatoes Whole wheat bread 1% low fat milk orange 	27 Pork spare ribs Yellow rice Cabbage and apple slaw Whole wheat bread 1% low fat milk apple 	28 Fish with creole sauce Baked vegetable alfredo pasta Mixed green salad with dressing Whole wheat bread 1% low fat milk nectarine 
31 Stewed chicken breast Arroz con gandules Steamed collard greens Whole wheat bread 1% low fat milk orange 	 Good Food Good Friends Good Health  THANK YOU FOR YOUR CONTRIBUTION!  			