

# BROWNSVILLE SOCIAL CLUB

528 Mother Gaston Blvd, Brooklyn Ny 11212

Tel: (917) 962-8275

Monday – Friday 10am to 6pm

Contribution: \$2.00

SEPTEMBER  
LUNCH MENU  
2026

## A Taste of Fall

\*\*Menu is subject to change without notice.

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

| MONDAY                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                               | <b>1</b> <ul style="list-style-type: none"><li>Sesame-ginger bean and mushroom meatballs</li><li>Spaghetti carbonara with tofu ricotta</li><li>Steamed zucchini</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>banana</li></ul> | <b>2</b> <ul style="list-style-type: none"><li>Pork spare ribs</li><li>Baked potato</li><li>Cabbage and apple slaw</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>apple</li></ul>                                               | <b>3</b> <ul style="list-style-type: none"><li>Baked turkey wings</li><li>Baked macaroni and cheese</li><li>Steamed carrots</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>orange</li></ul> | <b>4</b> <ul style="list-style-type: none"><li>Baked breaded fish</li><li>Brussels sprouts</li><li>Homemade mashed potatoes</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>cantaloupe</li></ul>     |
| <b>7</b><br><b>LABOR DAY</b><br><b>CLOSED</b>                                                                                                                                                                 | <b>8</b> <ul style="list-style-type: none"><li>Spicy black bean veggie burger</li><li>Baked fries</li><li>Steamed broccoli</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>apple</li></ul>                                       | <b>9</b> <ul style="list-style-type: none"><li>Pepper flank steak</li><li>Baked potato</li><li>Italian cut greens</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>cantaloupe</li></ul>                                           | <b>10</b> <ul style="list-style-type: none"><li>Turkey with gravy</li><li>Mashed sweet potatoes</li><li>Carrot salad</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>orange</li></ul>        | <b>11</b> <ul style="list-style-type: none"><li>Baked salmon</li><li>Yellow rice</li><li>Oriental blend vegetables</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>Canned sliced peaches</li></ul>   |
| <b>14</b> <ul style="list-style-type: none"><li>Baked chicken quarters</li><li>Brown rice</li><li>Beets and baby carrots with dill</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>orange</li></ul> | <b>15</b> <ul style="list-style-type: none"><li>Eggplant parmesan with creamy cashew ricotta</li><li>Kale with tomatoes</li><li>Potato salad</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>apple</li></ul>                     | <b>16</b> <ul style="list-style-type: none"><li>Tuna salad with eggs</li><li>Macaroni salad</li><li>Cucumber and tomato salad with balsamic vinaigrette</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>banana</li></ul>         | <b>17</b> <ul style="list-style-type: none"><li>Baked ziti with cheese</li><li>Cabbage salad with wheat berries</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>cantaloupe</li></ul>         | <b>18</b> <ul style="list-style-type: none"><li>Oven fried fish</li><li>Brown rice with kidney beans</li><li>Spiced mixed vegetables</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>apple</li></ul> |
| <b>21</b> <ul style="list-style-type: none"><li>Curried chicken legs</li><li>Cabbage carrot slaw</li><li>White rice</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>cantaloupe</li></ul>            | <b>22</b> <ul style="list-style-type: none"><li>Smokey black bean and sweet potato chili</li><li>Brown rice</li><li>Beets and baby carrots with dill</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>apple</li></ul>             | <b>23</b> <ul style="list-style-type: none"><li>Baked chicken quarters</li><li>Arroz con gandules (Mexican styled rice)</li><li>Mixed green salad with dressing</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>orange</li></ul> | <b>24</b> <ul style="list-style-type: none"><li>Smothered pork chops</li><li>Mashed sweet potatoes</li><li>Green bean salad</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>banana</li></ul> | <b>25</b> <ul style="list-style-type: none"><li>Baked salmon</li><li>Egg noodles</li><li>Vegetable mix</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>Applesauce</li></ul>                          |
| <b>28</b> <ul style="list-style-type: none"><li>Turkey with gravy</li><li>Homemade mashed potatoes</li><li>Carrot salad</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>orange</li></ul>            | <b>29</b> <ul style="list-style-type: none"><li>Polish style stuffed bell pepper with lentils</li><li>Brown rice</li><li>Beet salad</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>apple</li></ul>                              | <b>30</b> <ul style="list-style-type: none"><li>Bbq chicken breast</li><li>Baked macaroni and cheese</li><li>California blend vegetables</li><li>Whole wheat bread</li><li>1% low fat milk</li><li>banana</li></ul>                        | <b>Thankful</b><br><b>Grateful</b><br><b>Blessed</b>                                                                                                                                                   |                                                                                                                                                                                                                |

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