



FUNDED BY NYC AGING

September

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



MONDAY	TUESDAY 	WEDNESDAY	THURSDAY	FRIDAY
	Tuesday, September 1, 2026: Enjoy Dominican vegan sancocho (root vegetable stew) served over white rice with whole wheat bread and a tossed salad. An apple, 1% low fat milk, and margarine complete the tray.	Wednesday, September 2, 2026: Baked chicken quarters are paired with whole wheat bread and garlic mashed potatoes. Fresh fruit salad, 1% low fat milk, and margarine are served on the side.	Thursday, September 3, 2026: Dig into braised beef short ribs served with yellow rice, whole wheat bread, and steamed collard greens. Cantaloupe, 1% low fat milk, and margarine round out the meal.	Friday, September 4, 2026: Feast on baked marinated fish served with red beans and brown rice, yuca with onions, and California blend vegetables. Dessert includes a banana, fruited Jello, milk, and margarine.
Monday, September 7, 2026: A turkey burger with cheese on a whole wheat bun is served with Caribbean coleslaw, fries, and a roasted sweet potato. Enjoy a pear, 1% low fat milk, and margarine on the side.	Tuesday, September 8, 2026: Savor plant-based southwestern black bean fajitas with multigrain flatbread, steamed carrots, and a tossed salad. Papaya, fruited Jello, 1% low fat milk, and margarine complete the lunch.	Wednesday, September 9, 2026: Lunch begins with vegetable soup and features brown stew chicken with rice and beans, whole wheat bread, and a tossed salad. Honeydew melon, 1% low fat milk, and margarine are served.	Thursday, September 10, 2026: Enjoy stewed pork chops with onions and peppers, served with whole wheat bread, steamed broccoli, garlic rosemary roasted potatoes, and kale. Canned sliced peaches finish the meal.	Friday, September 11, 2026: Fish with Creole sauce is paired with brown rice, whole wheat bread, steamed broccoli, roasted potatoes, and kale. It comes with cantaloupe, fruited Jello, milk, and margarine.
Monday, September 14, 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 finish the tray.	Tuesday, September 15, 2026: Plant-based arroz con gandules is served with whole wheat bread, arugula with balsamic vinaigrette, and fresh cantaloupe. Margarine and 1% low fat milk round out the lunch.	Wednesday, September 16, 2026: Stewed chicken breast comes with rice and beans, whole wheat bread, broccoli and red peppers, and yellow plantains. Fresh watermelon, milk, and margarine are served.	Thursday, September 17, 2026: Dig into baked turkey meatballs over spaghetti with a whole wheat hamburger bun, baby spinach salad, and fresh mango. 1% low fat milk and margarine complete the meal.	Friday, September 18, 2026: Savor baked salmon with lemon, tarragon, and thyme, paired with rice pilaf, whole wheat bread, creamy spinach, and a tossed salad. Enjoy a fresh pear, milk, and margarine for dessert.
Monday, September 21, 2026: Chickpeas and spinach Caribbean curry is served over brown rice with whole wheat bread and an Asian cucumber salad. Enjoy an apple, 1% low fat milk, and margarine on the side.	Tuesday, September 22, 2026: This plant-based lunch offers baked fries, garden salad, and steamed kale served alongside whole wheat bread. Fresh banana, 1% low fat milk, and margarine finish the tray.	Wednesday, September 23, 2026: A beef hamburger with onions and peppers on a whole wheat bun is served with garlic mashed potatoes and sauteed asparagus. Watermelon, milk, and margarine are included.	Thursday, September 24, 2026: Enjoy curry goat paired with cilantro lime rice, whole wheat bread, and steamed spinach. Fresh orange, 1% low fat milk, and margarine complete the lunch.	Friday, September 25, 2026: Jerk fish is served with Caribbean rice and red beans, whole wheat bread, and Italian cut green beans. Fresh cantaloupe, milk, and margarine complete the tray.
Monday, September 28, 2026: Dig into a turkey burger with cheese on a whole wheat bun with baked red potato wedges, corn, black bean, and pepper salad, and roasted broccoli. An orange, milk, and margarine are served.	Tuesday, September 29, 2026: Mediterranean lentil stew is served over white rice with classic garlic bread and California blend vegetables. Frozen mixed berries, 1% low fat milk, and margarine finish the meal.	Wednesday, September 30, 2026: Savor pernil (roasted pork shoulder) served with whole wheat bread, shredded carrots, and cooked cabbage with garlic mashed potatoes. Fresh cantaloupe, milk, and margarine complete the tray.	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! 	