

BROWNSVILLE SOCIAL CLUB

528 Mother Gaston Blvd, Brooklyn NY 11212

Tel: (917) 962-8275

Monday – Friday 10am to 6pm

Contribution: \$2.00

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

OCTOBER LUNCH MENU

NOURISH

FRIENDSHIPS

FALL FOR
GOOD FOOD

A HEALTHY YOU

A HAPPIER TOMORROW

A Little
Spooky,
A Lot of Fun!

MONDAY



Good
Food
Happy
People

TUESDAY

Eat Well
Be Kind
Stay Spooky

WEDNESDAY



Healthy
Meals
Brighter
Days

THURSDAY

- 1**
- Deluxe cheeseburger with sautéed peppers & onions
 - Baked Fries
 - Italian Cut greens
 - Whole Wheat Bread
 - 1% Low Fat Milk
 - Cantaloupe

FRIDAY

- 2**
- Baked Salmon
 - Rice & Beans
 - Oriental Blend Vegetables
 - Whole Wheat Bread
 - 1% Low Fat Milk
 - Canned Sliced Peaches

5

- Stewed Chicken Breast
- Arroz Con Gandules
- Steamed Collard Greens
- Whole Wheat Bread
- 1% Low Fat Milk
- Orange

6

- Lasagna Roll Ups With Creamy Tofu Ricotta
- Beets & Baby Carrots With Dill
- Whole Wheat Bread
- 1% Low Fat Milk
- Apple

7

- Stewed Pork Chops
- Baby carrots With Parsley
- Parmesan Rosemary Mashed Potatoes
- Whole Wheat Bread
- 1% Low Fat Milk
- Orange

8

- Pork Spare Ribs
- Yellow Rice
- Cabbage & Apple Slaw
- Whole Wheat Bread
- 1% Low Fat Milk
- Apple

9

- Fish With Creole Sauce
- Baked Vegetable Alfredo Pasta
- Mixed Green salad With Dressing
- Whole Wheat Bread
- 1% Low Fat Milk
- Nectarine

12

- Stewed Chicken Breast
- Arroz Con Gandules
- Steamed Collard greens
- Whole Wheat Bread
- 1% Low Fat Milk
- Orange

13

- Sesame Ginger Bean & Mushroom Meatballs
- Whole Wheat Spaghetti Carbonara With Tofu Ricotta
- Steamed Zucchini
- Whole Wheat Bread
- 1% Low fat Milk
- Banana

14

- Pork Spare Ribs
- Baked Potato
- Cabbage & Apple Slaw
- Whole Wheat Bread
- 1% Low Fat Milk
- Apple

15

- Baked Turkey Wings
- Baked Macaroni & Cheese
- Steamed Carrots
- Whole Wheat Bread
- 1% Low Fat Milk
- Orange

16

- Baked Breaded Fish
- Brussels Sprouts
- Homemade Mashed potatoes
- Whole Wheat Bread
- 1% Low Fat milk
- Cantaloupe

19

- Bbq Chicken Breast
- Brown rice With Kidney Beans
- California Blend Vegetables
- Whole Wheat Bread
- 1% Low Fat Milk
- Banana

20

- Spicy Black Bean Veggie Burger
- Baked fries
- Steamed Broccoli
- Whole Wheat Bread
- 1% Low Fat Milk
- Apple

21

- Pepper Flank Steak
- Baked Potato
- Italian Cut greens
- Whole Wheat bread
- 1% low Fat Milk
- Cantaloupe

22

- Turkey With gravy
- Carrot Salad
- Mashed sweet Potatoes
- Whole Wheat Bread
- 1% Low Fat Milk
- Cantaloupe

23

- Baked Salmon
- Yellow Rice
- Oriental Blend Vegetables
- Whole Wheat Bread
- 1% Low Fat milk
- Canned Sliced Peaches

26

- Bbq Chicken breast
- Brown Rice With Kidney Beans
- California Blend Vegetables
- Whole Wheat Bread
- 1% Low Fat Milk
- Banana

27

- Spicy Black Bean Veggie Burger
- Baked Fries
- Steamed Broccoli
- Whole Wheat Bread
- 1% Low Fat Milk
- Apple

28

- Pepper Flank Steak
- Baked Potato
- Italian Cut Green Beans
- Whole Wheat Bread
- 1% low Fat Milk
- Cantaloupe

29

- Turkey With Gravy
- Mashed Sweet Potatoes
- Carrot Salad
- Whole Wheat Bread
- 1% Low Fat Milk
- Orange

30

- Baked Salmon
- Yellow rice
- Oriental Blend Vegetables
- Whole Wheat Bread
- 1% Low Fat milk
- Canned Sliced Peaches

GOOD
FOOD
GOOD
MOOD

Together We Thrive! ♥

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HEALTHY
FOOD
HEALTHY
COMMUNITY