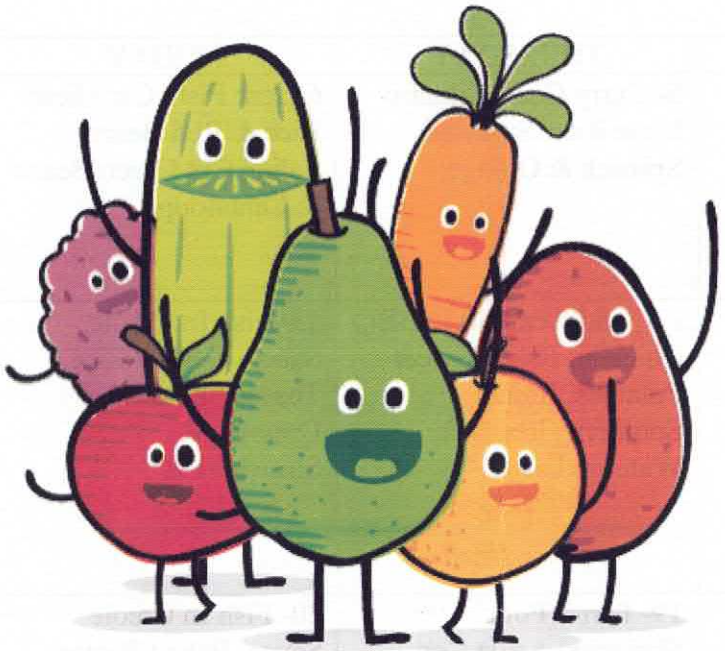
GLENMORE PLAZA NOVEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2- Baked Chicken Thighs, Garlic Mashed Potatoes, Sautéed Asparagus, Spinach, Apple & Onion Salad	3- Caribbean Curry w/ Chickpeas & Spinach. Brown Rice, Steamed Kale, Asian Cucumber Salad & Banana	4- Beef Hamburger, Baked Fries, Garden Salad, Sautéed Onions & Peppers Whole Wheat Bun & Watermelon	5- Curry Goat, Cilantro Lime Rice. Steamed Spinach & Orange	6- Jerk Fish, Caribbean Rice & Red Beans, Italian Cut Green Beans & Cantaloupe
9- Turkey Cheeseburger, Baked Potato Wedges, Corn, Black Beans, & Pepper Salad. Whole Wheat Bun & Orange	10- Mediterranean Lentil Stew, White Rice, California Blend Vegetables, Classic Garlic Bread & Mixed Berries	11- Pernil(Pork Shoulder) Cooked Cabbage w/ Garlic Mash Potatoes & Cantaloupe 	12- Caribbean Style BBQ Chicken, Baked Sweet Potatoes, Boiled Southern Greens & Watermelon	13- Fish In Creole Sauce, Yellow Rice, Tossed Salad w/ Dressing & Strawberries
16- Turkey Meatloaf w/ Mushroom Gravy, White Rice Steamed Carrots & Banana	17- Homestyle Vegan Whole Grain Mac & Cheese. Baby Spinach Salad w/ Lemon Vinaigrette & Watermelon	18- Beef Stew, White Rice, Balsamic Roasted Brussels Sprouts & Pineapple	19- Pernil(Pork Shoulder) Arroz Con Gandules, Steamed Cabbage & Mango	20- Fish In Creole Sauce, Baked Potato, Italian Blend Vegetables & Cantaloupe
23- Citrus Teriyaki Glazed Chicken, Brown Rice, Kale and Tomato. Sweet Baked Yams & Orange/30- Turkey Cheeseburger, Roasted Potatoes, Pear & Coleslaw	24- Dominican Vegan Sancocho.Whie Rice, Tossed Salad & Apple	25- Baked Chicken Quarters, Spinach Salad w/ Lemon Vinaigrette, Garlic Mash Potatoes & Cantaloupe		

Suggested Donation: $2.00

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NYC
Department for the Aging