


CCNS/GLENWOOD SENIOR CENTER FEBRUARY-2026 LUNCH MENU

5701 AVENUE H / BROOKLYN, NY 11234 / TEL (718)241-7711 | FAX (929) 292-0323

Monday	Tuesday	Wednesday	Thursday	Friday
2 Herbed sundried tomato chickpea burger – Carrot apple raisin salad - Apple - whole wheat bread –	3 BBQ chicken leg quarters- whole wheat bread – Baked red potato wedges – Brussels sprouts - Watermelon	4 Bistec Encabollao (Puerto Rican steak and onions) – Couscous with peas and lemon - whole wheat hamburger bun – California blend vegetables - Fruit	5 Curry chicken – Caribbean rice and red beans - whole wheat bread – Baby carrots with parsley – Pear or honeydew	6 Baked fish with sweet and sour sauce - whole wheat dinner roll – Caesar salad – Roasted spiced red potatoes – peach – or canned sliced peaches
9 Beef and turkey meatloaf with mushroom gravy – mashed sweet potatoes – Sautéed string beans – Pear - whole wheat bread	10 Roasted chicken legs – Fall harvest kale salad – Yellow plantains -whole wheat bread – Apple or Fresh fruit salad	11 Baked marinated fish – Baked sweet potato – Normandy blend – Watermelon – or grapes - whole wheat bread	12 Mouthwatering lentil sloppy Joe Sammies whole wheat hamburger bun – Tossed salad with dressing – Cantaloupe or Fruit cocktail	13 Jerk chicken legs – White rice (1/2 cup) - whole wheat bread - cooked cabbage with shredded carrots – Banana or plum
16 General Tso’s chicken – Garlic mashed potatoes - whole wheat bread – Zucchini with onions and peppers – Canned sliced peaches - Peach	17 Nonna’s stuffed shells with creamy tofu Ricotta - whole wheat dinner roll – Baby spinach salad with lemon vinaigrette – Glazed sweet potatoes – Canned pineapple	18 Pork stir fry with vegetables – Perfect white rice - whole wheat bread – Sautéed kale and broccoli with sundried tomatoes – Plum or Pear	19 Tuna salad - whole wheat bread – Asian cucumber salad – Cabbage carrot slaw - Orange	20 Chicken parmesan – Pasta (1 cup) - whole wheat bread - Italian cut green beans – Banana or Honeydew
23 Sweet and sour chicken breast – Egg noodles - whole wheat bread – Roasted eggplant – Banana or Canned mandarin oranges	24 Pineapple glazed salmon - whole wheat bread – Baked sweet potato – Cantaloupe – Collard green	25 Ginger sherry pork chops – All American loaded baked potato - whole wheat bread – Okra with tomatoes – orange or Nectarine	26 Chef Natasha’s fried brown rice – Whole wheat dinner roll – Arugala salad with balsamic vinaigrette – Creamy corn and pepper salad – Pear or grapes	27 Teriyaki baked fish – Hot dog bun – Baked red potato wedges – Sautéed onions and peppers – watermelon or apple
	Menu Subject To Change All Meals Served With 8 Oz. Milk / Butter / Whole Wheat Bread	FUNDED BY THE NYC AGING NYC Department for the Aging	Contribution: senior \$1.50 / non-senior / \$3.00	

HAPPY VALENTINE'S DAY 2026