


Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Bran Muffin (pre- prepared) – Coconut granola (2TBS) – nonfat plain Greek yogurt (1cup) – Baked apple – pancake syrup	<b>2</b> Blueberry pancakes – Creamy Oat Bran (1/2 cup) – Kiwis (2) – 1% low fat milk-	<b>3</b> Corn muffin (pre-prepared) – Multigrain cheerios – String cheese stick (1 oz) – Canned pears / 1% low fat milk	<b>4</b> Hardboiled egg – Mixed berry and Quinoa breakfast bake – cantaloupe // 1% low fat milk	<b>5</b> Omelette with spinach and parmesan cheese – Overnight oats with berries - Banana
<b>8</b> Home fries with peppers and onions – Scrambled eggs – Whole wheat bread – Canned mandarin oranges - / 1% low fat milk	<b>9</b> Pancakes (pre- prepared) – Raisin bran cereal – Baked apple - / 1% low fat milk	<b>10</b> Apple Pie Oatmeal – Whole wheat peanut butter and jelly sandwich (1 sandwich) - / 1% low fat milk	<b>11</b> Hardboiled egg – Mapple quinoa oatmeal porridge – Whole wheat bread – grapes - / 1% low fat milk	<b>12</b> Bran Flakes cereal – Cinnamon French toast (pre – prepared) – Orange - / 1% low fat milk
<b>15</b> Broccoli cheddar quiche – Applesauce – Bran muffin (pre- prepared) – Multigrain cheerios // 1% low fat milk	<b>16</b> Banana French toast casserole with whole what bread – Bran flakes cereal – Canned mandarin oranges – whole wheat bread – 1% low fat milk	<b>17</b> Bulgur and coconut porridge – Banana – Non-fat plain Greek yogurt (1 cup) – Whole wheat bread – 1% low fat milk	<b>18</b> Cheddar and potato bake – Canned pears – creamy apple raisin oatmeal – whole wheat bread – 1% low fat milk	<b>19</b> <b>JUNETEENTH'S DAY CENTER IS CLOSED</b>
<b>22</b> Classic overnight oats with fruit – Whole wheat English muffin veggie BLT - orange	<b>23</b> Baked egg omelette – Grits (1 cup) – Whole wheat bread – Honeydew – 1% low fat milk	<b>24</b> Cheddar cheese cornbread – Raisin bran cereal – Cantaloupe – 1% low fat milk	<b>25</b> <b>Vegetarian</b> Western breakfast casserole – Waffles (Pre- prepared) – Whole wheat bread – Fruit salad – 1% low fat milk	<b>26</b> Farina Hard-boiled egg – Whole wheat bread – grapes – 1% low fat milk
<b>29</b> Classic overnight oats with fruit – Whole wheat English muffin veggie BLT Kiwi-	<b>30</b> Baked egg omelette – Grits (1 cup) – Whole wheat bread – Honeydew – 1% low fat milk		<b>Contribution: senior \$1.00 / non-senior / Guest \$1.50</b>	<b>MENU SUBJECT TO CHANGE ALL MEALS SERVED WITH 8 OZ - MILK &amp; BUTTER</b>

**HAPPY JUNETEENTH'S DAY 2026**


**HAPPY FATHER'S DAY 2026**

FUNDED BY THE NYC AGING  
NYC Department for the Aging



# CCNS/GLENWOOD SENIOR CENTER JUNE-2026 LUNCH MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Oven Fried chicken – Whole Wheat bread – Broccoli / red peppers – Homemade mashed potatoes – Sautéed string beans – cantaloupe</p>	<p><b>2</b> Aromatic pumpkin and chickpea curry – baby spinach with lemon vinaigrette – Roasted spiced red potatoes – Sautéed string beans – whole wheat bread - Cantaloupe</p>	<p><b>3</b> Baked pork chops – Pasta (1/2 cup) – Steamed collard greens - Apple - whole wheat bread –</p>	<p><b>4</b> Jerk chicken legs – Brown rice (1/2 cup) - whole wheat bread – Cooked cabbage with shredded carrots - Nectarine</p>	<p><b>5</b> Baked salmon with cilantro citrus sauce - whole wheat bread – Basic pasta salad – cauliflower with carrots</p>
<p><b>8</b> Herbed sundried tomato chickpea burger – Carrot apple raisin salad - Apple - whole wheat bread –</p>	<p><b>9</b> BBQ chicken leg quarters- whole wheat bread – Baked red potato wedges – Brussels sprouts - Watermelon</p>	<p><b>10</b> Bistec Encebollao (Puerto Rican steak and onions) – Couscous with peas and lemon - whole wheat hamburger bun – California blend vegetables -</p>	<p><b>11</b> Curry chicken – Caribbean rice and red beans - whole wheat bread – Baby carrots with parsley – Pear or honeydew</p>	<p><b>12</b> Baked fish with sweet and sour sauce - whole wheat dinner roll – Caesar salad – Roasted spiced red potatoes – peach – or canned sliced peaches</p>
<p><b>15</b> Beef and turkey meatloaf with mushroom gravy – mashed sweet potatoes – Sautéed string beans – Pear - whole wheat bread</p>	<p><b>16</b> Roasted chicken legs – Fall harvest kale salad – Yellow plantains -whole wheat bread – Apple or Fresh fruit salad</p>	<p><b>17</b> Baked marinated fish – Baked sweet potato – Normandy blend – Watermelon – or grapes - whole wheat bread</p>	<p><b>18</b> Mouthwatering lentil sloppy Joe Sammies whole wheat hamburger bun – Tossed salad with dressing – Cantaloupe or Fruit cocktail</p>	<p><b>19</b> <b>JUNETEENTH'S DAY</b> <b>CENTER IS CLOSED</b></p>
<p><b>22</b> General Tso's chicken – Garlic mashed potatoes - whole wheat bread – Zucchini with onions and peppers – Canned sliced peaches - Peach</p>	<p><b>23</b> Nonna's stuffed shells with creamy tofu Ricotta - whole wheat dinner roll – Baby spinach salad with lemon vinaigrette – Glazed sweet potatoes – Canned pineapple</p>	<p><b>24</b> Pork stir fry with vegetables – Perfect white rice - whole wheat bread – Sautéed kale and broccoli with sundried tomatoes – Plum or Pear</p>	<p><b>25</b> Tuna salad - whole wheat bread – Asian cucumber salad – Cabbage carrot slaw - Orange</p>	<p><b>26</b> Chicken parmesan – Pasta (1 cup) - whole wheat bread - Italian cut green beans – Banana or Honeydew</p>
<p><b>29</b> Beef &amp; turkey meatloaf W mushroom gravy- Mashed sweet potatoes – sautéed string beans – pear – whole wheat bread</p>	<p><b>30</b> Roasted chicken legs – fall harvest kale salad – yellow plantains – Apple – whole wheat bread</p>			<p>Contribution: senior \$1.50 / non-senior / \$3.00</p>

Menu Subject To Change  
All Meals Served With 8 Oz. Milk /  
Butter / Whole Wheat Bread

## HAPPY JUNETEENTH'S DAY 2026

## HAPPY FATHER'S DAY 2026

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