

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
Every meal comes with a protein, grain, vegetable, fruit, juice, whole wheat bread and low fat milk. Please contact Bay Ridge Center with any concerns 718-748-0650. Menu is subject to change.				<b>1</b> Farmhouse Bean & Veggie Stew Brown Rice (1/2 cup) Garden Salad Steamed Carrots		<b>2</b> Beef Brisket w/ Tomatoes & Onions Homemade Mashed Potatoes Sautéed Onions & Peppers Steamed Carrots & Green Beans		<b>3</b> Baked Marinated Fish Cous Cous Kale w/ Tomato			
		<b>6</b> Honey-Apricot Glazed Chicken Brussels Sprouts Homemade Mashed Potatoes		<b>7</b> Shepherd Pie w/ Beef & Turkey Sautéed Green Beans w/ Onions Steamed Yellow Squash		<b>8</b> Vegetarian Chili Cuban Black Beans & Brown Rice California Blend Vegetables		<b>9</b> Stewed Oxtails w/ Lima Beans Rice & Beans Steamed Cabbage w/ Soy Sauce		<b>10</b> Baked Fish Orzo w/ Vegetables Broccoli & Red Peppers Sautéed Onions & Peppers	
		<b>13</b> Chicken Stir Fry w/ Vegetables Brown Rice (1/2 cup) Steamed Carrots		<b>14</b> Beef Brisket w/ Oranges Homemade Mashed Potatoes Steamed Carrots & Green Beans		<b>15</b> Cuban Black Beans & Brown Rice Vegetable Soup Brussels sprouts California Blend Vegetables		<b>16</b> Baked Turkey Drumsticks -OR- Mushroom Barley Soup Broccoli & Red Peppers		<b>17</b> Baked Salmon Whole Wheat Couscous (1/2 cup) Cauliflower & Pea Curry	
		<b>20</b> Breaded Pork Loin Brussels Sprouts Homemade Mashed Potatoes		<b>21</b> Chicken Curry w/ Apples & Peas California Blend Vegetables		<b>22</b> Eggplant Parmesan w/ Ricotta Steamed Sliced Carrots Tossed Salad w/ Dressing		<b>23</b> Smokey Black Bean & Sweet Potato Chili -OR- Hummus (1/2 cup) Roasted Zucchini		<b>24</b> Baked Flounder Roasted Vegetable Couscous Corn & Red Peppers	
		<b>27</b> Chicken Legs w/ Stewed Tomatoes Baked Macaroni & Cheese Sautéed Green Beans w/ Onions		<b>28</b> Hawaiian Roast Pork w/ Peanut Butter Crust Polenta Roasted Peppers Steamed Carrots		<b>29</b> Chipotle Bean & Veggie Chili White Rice (1/2 cup) California Blend Vegetables		<b>30</b> Turkey Meatloaf w/ Mushroom Gravy Homemade Mashed Potatoes Baked Onions		<b>31</b> A Nice Vegetable Soup Baked Fish w/ Cream Sauce Rice Pilaf Brussels Sprouts	