



MAY 2022 • Congregate Meals & Grab & Go MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>Pork Loin with Curried Pineapple Baby Carrots with Parsley Homemade Mashed Potatoes</p>	<p>Chicken with Peach Sauce Egg Noodles Green Bean Sauté</p>	<p>Vegetarian Chili White Rice Broccoli and Red Peppers</p>	<p>Beef Brisket with Tomatoes & Onions California Blend Vegetables Homemade Mashed Potatoes</p>	<p>Baked Breaded Fish Fillets Penne Winter Blend Vegetables</p>
9	10	11	12	13
<p>Pork Stir Fry with Vegetables Brown Rice with Pigeon Peas Green Bean Sauté</p>	<p>Turkey Meatballs in Tomato Sauce Spaghetti Winter Blend Vegetables</p>	<p>Chicken Cacciatore Homemade Mashed Potatoes California Blend Vegetables</p>	<p>Vegetable Ratatouille White Rice Roasted Brussel Sprouts</p>	<p>Baked Fish with Lemon Garlic Butter Sauce Orzo with Vegetables Zucchini and Tomato</p>
16	17	18	19	20
<p>Spaghetti with Turkey Meat Sauce Baby Carrots with Parsley Broccoli and Red Peppers</p>	<p>BBQ Pulled Pork Polenta California Blend Vegetables</p>	<p>Pesto Pasta with Broccoli Green Bean Sautee Steamed Cauliflower</p>	<p>Beef Pot Roast with Mushrooms Brussel Sprouts Homemade Mashed Potatoes</p>	<p>Baked Marinated Fish Orzo with Vegetables Sautéed Spinach</p>
23	24	25	26	27
<p>Cheese Ravioli in Tomato Sauce Brussels Sprouts Steamed Carrots</p>	<p>Breaded Pork Loin Homemade Mashed Potatoes Zucchini and Tomato</p>	<p>Beef Stir Fry Egg Noodles Broccoli and Red Peppers</p>	<p>BBQ Chicken Leg Quarters Yellow Rice Braised Collard Greens</p>	<p>Baked Breaded Fish Fillets Cous Cous Green Bean Sauté</p>
<p>MEMORIAL DAY 30 HAPPY HOLIDAY BRC offices are Closed today</p>	31	<p>HAPPY MOTHER'S DAY, SUNDAY, MAY 8</p> <p>Every meal comes with a protein, grain, vegetable, fruit, juice, whole wheat bread and low fat milk. Menu is subject to change. Please contact Bay Ridge Center, 718-748-0650, with any concerns.</p>		

