



JUNE LUNCH MENU

MONDAY

- 1**
- Meatloaf
 - Red Beans
 - Rice
 - Mixed Vegetables
 - Lemonade/Water

- 8**
- Chicken Parmesan
 - Spaghetti
 - Garlic Bread
 - Salad
 - Sweet Tea/Water

- 15** **Asian Day**
- Chicken/Pork Dumplings
 - Fried Rice
 - Veggie Rolls
 - Sweet Tea/Water

- 22**
- Quesadilla (Chicken/Beef/Shrimp)
 - Salad
 - Sweet Tea/Water

- 29** **Chicken Wings Day**
- Chicken Wings
 - Sweet Potato Fries
 - Coleslaw
 - Sweet Tea/Water

TUESDAY

- 2**
- Salmon Cakes
 - Loaded Potatoes
 - Vegetables
 - Lemonade/Water

- 9**
- Gyro w/ Falafel, Chicken, Beef, or Shrimp
 - Yellow Rice
 - Sweet Tea/Water

- 16** **Burger Day**
- Make your own Burger
 - French Fries
 - Baked Beans
 - Lemonade/Water

- 23**
- Baked Salmon
 - Scallop Potatoes
 - Vegetables
 - Sweet Tea/Water

- 30**
- Tilapia w/ Lemon Butter
 - Onion Rings
 - Mixed Vegetables
 - Sweet Tea/Water

WEDNESDAY

- 3**
- Tortellini w/ Grilled Chicken
 - Garlic Bread
 - Salad
 - Sweet Tea/Water

- 10**
- Roasted Chicken Halves
 - Mac & Cheese
 - Mixed Vegetables
 - Sweet Tea/Water

- 17**
- Garlic Chicken
 - Yellow Rice
 - Black Beans
 - Sauteed Spinach
 - Sauteed Vegetables
 - Lemonade/Water

- 24**
- Baked Ziti w/ Meat
 - Garlic Bread
 - Salad
 - Lemonade/Water

THURSDAY

- 4**
- Beef Stroganoff
 - Noodles
 - Salad
 - Sweet Tea/Water

- 11** **Salad Day**
- Grilled Chicken Salad
 - Macaroni Salad
 - Tossed Green Salad
 - Sweet Tea/Water

- 18**
- Pasta Primavera w/ Chicken or Shrimp
 - Garlic Bread
 - Salad
 - Sweet Tea/Water

- 25** **Brunch Day**
- Eggs
 - Muffins & Waffles
 - Sausages
 - Fruit
 - Juice/Water

FRIDAY

- 5** **Taco Day**
- Make Your Own Taco
 - Sweet Tea/Water

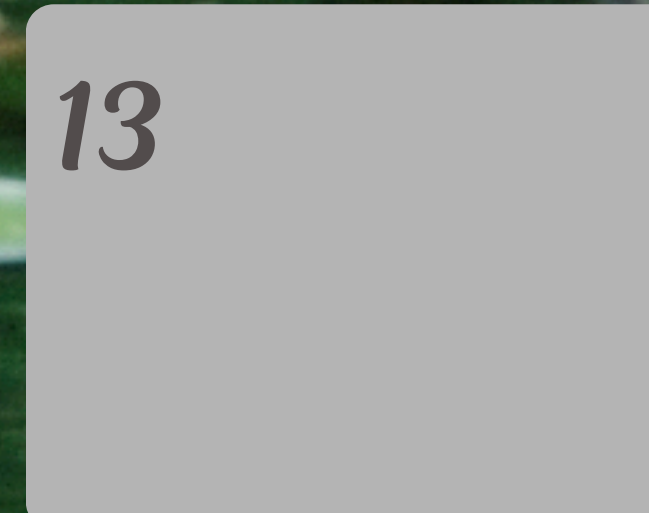
- 12**
- Fried Chicken
 - Cornbread
 - Mac & Cheese
 - Vegetables
 - Lemonade/Water

- 19** **Juneteenth**
- Broccoli Cheddar Soup
 - Grilled Cheese
 - Sweet Tea/Water

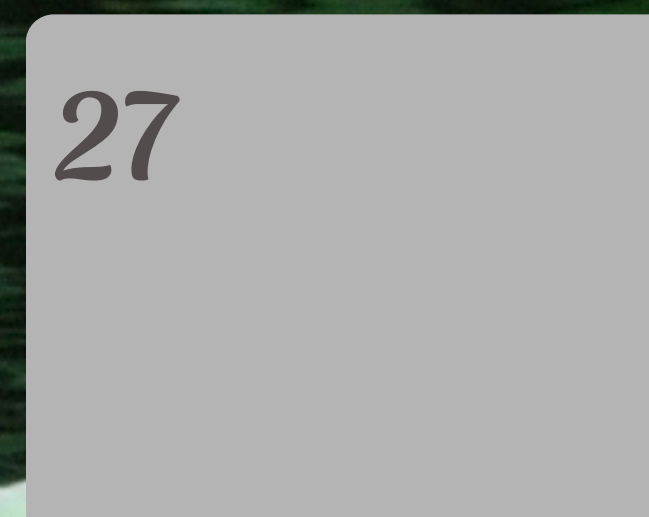
- 26** **Pizza Day**
- Make Your Own Pizza
 - Lemonade/Water

SATURDAY

- 6** **Sandwich Day**
- Make Your Own Sandwich
 - Chips
 - Fruit Punch



- 20** **Sandwich Day**
- Make Your Own Sandwich
 - Chips
 - Fruit Punch



DAILY

Morning Huddle
10:00 am

Breakfast
9:00 am - 10:30 am

Lunch
1:00 pm - 1:45 pm

Afternoon Huddle
2:00 pm

HOURS

Mon, Wed and Fri
9:00am to 5:00pm

Tue and Thur
9:00am to 7:00pm

1st & 3rd Saturday
10:00am to 2:00pm

CONTACT

clubhouse@nydis.org
(347) 343-4163 Admin/Reception
(332) 400-1957 Communications

“ A meal is not just food. It’s about connection, conversation and community.”