



AUGUST LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- 3**
- Burritos (Chicken/Beef/Shrimp)
 - Yellow Rice
 - Black Beans
 - Sweet Tea/Water

- 4**
- Spaghetti & Meatballs
 - Salad
 - Garlic Bread
 - Sweet Tea/Water

- 5**
- Stir Fry Beef
 - Broccoli Rice
 - Lemonade/Water

- 6** **Chicken Wing Day**
- Chicken Wings
 - Onion Rings
 - Coleslaw
 - Lemonade/Water

- 7** **Taco Day**
- Taco (Beef/Chicken/Shrimp)
 - Juice/Water

- 8**
- Beef Patties
 - Chips
 - Fruit Punch/Water

- 10**
- Beef Sausage w/ Sauteed Peppers & Onions
 - Veggie Beans
 - Salad
 - Sweet Tea/Water

- 11**
- Broccoli Cheddar Soup
 - Tomato Soup
 - Grilled Cheese
 - Juice/Water

- 12**
- Jerk Chicken
 - Cabbage
 - Mac & Cheese
 - Lemonade/Water

- 13**
- Crab Cakes
 - Coleslaw
 - French Fries
 - Lemonade/Water

- 14** **Salad Day**
- Grilled Chicken Salad
 - Macaroni Salad
 - Cucumber & Tomato Salad
 - Sweet Tea/Water

- 15**
- Meatball Subs
 - Chips
 - Fruit Punch/Water

- 17**
- Pasta Primavera w/ Chicken or Vegetables
 - Salad
 - Garlic Bread
 - Sweet Tea/Water

- 18**
- Roasted Chicken Halves
 - Sweet Potatoes
 - Sauteed Spinach
 - Mac & Cheese
 - Lemonade/Water

- 19**
- Pork Tenderloin
 - Baked Tilapia
 - Black Beans
 - Rice
 - Tostones
 - Sweet Tea/Water

- 20** **Create Your Burger Day**
- Burger
 - Veggie Beans
 - Corn on the Cob
 - Salad
 - Lemonade/Water

- 21** **Brunch Day**
- Fried Chicken
 - Muffins
 - Eggs
 - Fruit
 - Juice/Water

- 24**
- Sauteed Beef Mushroom Risotto/ Yellow Rice
 - Sauteed Zucchini, Squash, & Onion
 - Sweet Tea/Water

- 25**
- Garlic Butter Chicken
 - Scalloped Potatoes
 - Mixed Vegetables
 - Lemonade/Water

- 26**
- Chicken
 - Sauteed Spinach w/ Tomatoes
 - Wild Rice
 - Sweet Tea/Water

- 27**
- Baked Ziti
 - Salad
 - Garlic Bread
 - Juice/Water

- 28** **Birthday Celebration**
- Pizza
 - Fruit Punch/Water
 - Cake

- 31**
- Honey Glazed Salmon
 - Loaded Baked Potato w/ Broccoli & Cheese Sauce
 - Mixed Vegetables
 - Sweet Tea/Water

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

2nd & 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.”