



Congregate Meals & Grab & Go MENU • November 2021

Program hours: 10:30 – 3:30, Monday – Friday. Lunch will be served. Grab & Go meals are available to pick up. Call in advance to make a reservation to attend in-person or to reserve a Grab & Go meal (pickup time is 1 pm).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Election Day 2	3	4	5
Chicken Cacciatore Cauliflower with Carrots and Parsley	Pork Meatballs with Tomato Sauce Spaghetti Sautéed Green Beans	Cheese Ravioli Brussels Sprouts Corn	Turkey Chili with Sweet Potatoes & Corn White Rice California Blend Vegetables	Homemade Fish Cake Roasted Broccoli Roasted Sweet Potato Fries
8	9	10	Veterans Day 11	12
Pork Loin with Curried Pineapple California Blend Vegetables Instant Mashed Potatoes	Italian Roast Chicken Brown Rice with Pigeon Peas Broccoli & Red Peppers	Beef Stir Fry & Egg Noodles Brussels Sprouts	Pesto Pasta with Broccoli Baby Carrots & Parsley Sautéed Green Beans	Baked Fish with Cream Sauce Cous Cous Sautéed Spinach
15	16	17	18	19
Homemade Hamburger Broccoli & Red Peppers Roasted Sweet Potato Fries	Baked Macaroni & Cheese Carrots Sautéed Green Beans	Chicken Stir Fry with Vegetables Yellow Rice & Pigeon Peas California Vegetable Blend	BBQ Pulled Pork Polenta Steamed Broccoli & Cauliflower	Baked Marinated Cod Orzo Sautéed Zucchini
22	23	24	25	26
Beef Stir Fry & Egg Noodle California Vegetable Blend	Homemade Roast Pork Spanish Style Polenta Braised Collard Greens	Chicken Cacciatore Broccoli & Red Peppers Instant Mashed Potatoes	HAPPY THANKSGIVING! BRC is closed today	BRC is closed for the Thanksgiving holiday
29	30	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. Menu is subject to change.		
Chicken Stir Fry Brown Rice & Pigeon Peas Zucchini and Tomato	Beef Brisket with Tomatoes & Onions Egg Noodles California Vegetable Blend			