


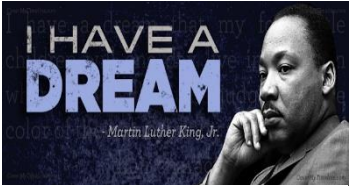
Selfhelp Maspeth

**MENU January 2023 (Breakfast)**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed	3 Egg Whites Veggie Sausage Link (pre-prepared) (2) Cream of Wheat (1 cup) Apple Grape Juice, Unsweetened Skim Milk Apple Butter Pancake Syrup	4 Scrambled Eggs Bran Flakes Cereal Waffles (Pre-Prepared) Banana Skim Milk	5 Turkey Bacon Plain French Toast (pre-prepared) Shredded Wheat, Spoon Size Cantaloupe Skim Milk	6 Turkey Sausage Link (2) Vegetable Egg Frittata Farina Orange Juice Skim Milk
9 Cheddar and Potato Bake Corn Muffin (pre-prepared) Maple Quinoa Oatmeal Porridge Apple Juice Skim Milk	10 Turkey Sausage Patty Raisin Bran Cereal Tropical Waffles with Mangoes and Whipped Cream Orange Juice Skim Milk	11 Scrambled Eggs with Swiss Turkey Bacon Oatmeal (1 cup) Banana Skim Milk	12 Pork Sausage Link Cinnamon French Toast (Whole Wheat) Shredded Wheat, Spoon Size Pear Skim Milk	13 Potato Spinach Frittata Cream of Wheat (1/2 cup) Plain Mini Bagel Blueberries Skim Milk
16 Closed	17 Hard Boiled Egg Apple Pancakes Oatmeal (1 cup) Pineapple Juice Skim Milk Apple Butter	18 Cottage Cheese (3/4 cup) Turkey Bacon Bran Flakes Cereal Waffles (Pre-Prepared) Apple Skim Milk	19 Pork Sausage Link Stuffed Breakfast Potato Skins Cheese Muffin (pre-prepared) Banana Skim Milk	20 Spinach and Cheese Frittata Turkey Sausage Patty Farina Low Sodium Vegetable Juice Skim Milk
23 Veggie Sausage Link (pre-prepared) (2) Multigrain Cheerios Whole Wheat Cinnamon Pancakes Orange Juice Skim Milk	24 Baked Egg Omelette Turkey Bacon Cinnamon French Toast (Whole Wheat) Apple Juice Orange Skim Milk	25 Pork Sausage Link Corn Muffin (pre-prepared) Tropical Waffles with Mangoes and Whipped Cream Honeydew Skim Milk	26 Scrambled Eggs with Red Peppers and Onions Turkey Sausage Link (2) English Muffin, Whole Wheat Farina Banana Cantaloupe Skim Milk Apple Butter	27 Hard Boiled Egg Bran Flakes Cereal Pancakes (pre-prepared) Strawberries Skim Milk
30 Pork Sausage Link Scrambled Eggs Maple Quinoa Oatmeal Porridge Whole Wheat Bread Orange Skim Milk Butter	31 Egg Whites Coconut Banana French Toast Pumpkin Muffins Apple Skim Milk			



**MENU January 2023 (Lunch)**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Closed</p> 	<p>3 Baked Mushroom Chicken Seedless Rye Bread California Blend Vegetables New Potatoes with Garlic Cream Sauce Canned Pineapple Skim Milk</p>	<p>4 Tomato Rice Soup California Turkey Meatloaf Brown Rice (1/2 cup) Creamed Spinach Banana Skim Milk</p>	<p>5 Baked Ziti with Cheese Whole Wheat Dinner Roll Italian Blend Vegetables Lettuce and Tomato Sautéed Onions and Peppers Sliced Canned Peaches Skim Milk</p>	<p>6 Baked Fish Whole Wheat Bread Smashed Red Potatoes Winter Blend Vegetables Apple Skim Milk</p>
<p>9 Minestrone Soup Cheese Manicotti (pre-prepared) Garlic Bread Italian Cut Green Beans Orange Skim Milk</p>	<p>10 Swedish Meatballs with Beef and Turkey Egg Noodles Whole Wheat Bread Baby Carrots with Parsley Apple Skim Milk</p>	<p>11 Teriyaki Baked Fish Brown Rice (1 cup) Oriental Blend Vegetables Canned Pineapple Skim Milk</p>	<p>12 Sesame Orange Chicken Seedless Rye Bread Sweet Baked Yams Normandy Blend Vegetables Banana Skim Milk</p>	<p>13 Fish with Tomatoes and Herbs Whole Wheat Dinner Roll Broccoli with Toasted Garlic Mixed Vegetables (starchy) Applesauce Skim Milk</p>
<p>16 Closed</p> 	<p>17 Baked Fish with Rustic Tomato Sauce Whole Wheat Dinner Roll Spiced Mixed Vegetables (non-starchy) Zucchini with Onions and Peppers Orange Skim Milk</p>	<p>18 Vegetable Soup Teriyaki Pork Loin Cornbread Prince Edward Blend Vegetables Sweet Baked Yams Strawberry Applesauce Skim Milk</p>	<p>19 Party Day Stuffed Cabbage Seedless Rye Bread Broccoli and Red Peppers Homemade Mashed Potatoes Sliced Canned Peaches Skim Milk</p>	<p>20 Spinach Cheese Jumbo Ravioli (pre-prepared) Vegan Meatballs in Tomato Sauce Garlic Bread Steamed Peas and Carrots Cauliflower Fruit Cocktail Skim Milk</p>
<p>23 Breaded Meatless Patty (pre-prepared) Swiss Cheese Slice Wheat Kaiser Roll Baked Fries (pre-prepared) Lettuce and Tomato Sautéed Mushrooms, Peppers, and Onions Orange Skim Milk</p>	<p>24 Ginger Sherry Pork Chops Seedless Rye Bread Oriental Blend Vegetables Sweet Baked Yams Applesauce Skim Milk</p>	<p>25 Parmesan Baked Fish Whole Wheat Dinner Roll Italian Cut Green Beans Mashed Potato Style Broccoli Fruit Cocktail Skim Milk</p>	<p>26 Creamy Tomato and Rice Soup Baked Chicken Quarters Whole Wheat Bread Parmesan Rosemary Mashed Potatoes Prince Edward Blend Vegetables Banana Skim Milk</p>	<p>27 Baked Fish with Lemon Garlic Butter Sauce Butternut Squash Rice Coleslaw (Pre-prepared) Mixed Vegetables with Garlic (starchy) Canned Pears Skim Milk</p>
<p>30 Sweet and Sour Pork Loin Seedless Rye Bread Prince Edward Blend Vegetables Sweet Baked Yams Sliced Canned Peaches Skim Milk</p>	<p>31 California Veggie Burger Cheddar Cheese Slice Wheat Kaiser Roll Home Fries with Peppers and Onions Mashed Potato Style Broccoli Orange Skim Milk</p>			