




Selfhelp Maspeth

MENU September 2023 (Breakfast)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hard Boiled Egg Whole Grain Blueberry Muffin (pre-prepared) Whole Wheat Cinnamon Pancakes Apple 1% Low Fat Milk Apple Butter Pancake Syrup
4 Closed Labor Day	5 Banana French Toast Casserole with Whole Wheat Bread Cottage Cheese (3/4 cup) Toasted Oats Cereal Orange 1% Low Fat Milk	6 Apple Raisin Crepes Farina Hard Boiled Egg Strawberries 1% Low Fat Milk Pancake Syrup	7 English Muffin, Whole Wheat Non-fat Plain Greek Yogurt (1/2 cup) Western Frittata Banana 1% Low Fat Milk Margarine	8 Bran Flakes Cereal Grilled Mozzarella and Tomato Sandwich (Whole Wheat) Canned Pineapple 1% Low Fat Milk Mayonnaise (1 tbsp)
11 Bran Flakes Cereal Scrambled Eggs with Swiss Applesauce 1% Low Fat Milk	12 Apple Raisin Crepes Hard Boiled Egg Oatmeal (1 cup) Orange 1% Low Fat Milk Pancake Syrup	13 Spinach and Cheese Frittata Whole Grain Corn Muffins Banana 1% Low Fat Milk Apple Butter	14 Cheerios Garden Breakfast Casserole Strawberries 1% Low Fat Milk	15 Bran Flakes Cereal Cheddar and Potato Bake Plum 1% Low Fat Milk
18 Egg Whites Instant Maple Flavored Oatmeal (1/2 cup) Plain French Toast (pre-prepared) Orange 1% Low Fat Milk	19 English Muffin, Whole Wheat Farina Vegetable Egg Frittata Canned Pears 1% Low Fat Milk Margarine	20 Apple Pancakes Hard Boiled Egg Oatmeal (1 cup) Whole Wheat Mini Bagel Banana 1% Low Fat Milk Pancake Syrup Reduced Fat Cream Cheese (1oz)	21 Stuffed Breakfast Potato Skins Whole Wheat Bread Apple 1% Low Fat Milk Margarine	22 Multigrain Cheerios Scrambled Eggs Canned Sliced Peaches 1% Low Fat Milk
25 Apple Raisin Crepes Egg Whites Toasted Oats Cereal Orange 1% Low Fat Milk Low Sodium Vegetable Juice	26 Cinnamon Raisin Bagel (pre-prepared) Vegetable Egg Frittata Strawberries * 1% Low Fat Milk Apple Butter	27 Cinnamon French Toast (pre-prepared) Cottage Cheese (3/4 cup) Oatmeal (1 cup) Banana 1% Low Fat Milk Pancake Syrup Pancake Syrup	28 Cheddar and Potato Bake Multigrain Cheerios Canned Sliced Peaches * 1% Low Fat Milk Coconut Granola (2 Tbsps)	29 Blueberry Pancakes Farina Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup Reduced Fat Cream Cheese (1oz)

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MENU September 2023 (Lunch)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Fish Whole Wheat Bread Broccoli with Toasted Garlic * Canned Sliced Peaches * 1% Low Fat Milk
4 Baked Pork Chops Whole Wheat Dinner Roll Italian Blend Vegetables * Steamed Cauliflower * Apple 1% Low Fat Milk	5 Hawaiian Chicken Legs Whole Wheat Bread Glazed Sweet Potatoes Steamed Green Beans * Canned Pineapple * 1% Low Fat Milk	6 Hamburgers Whole Wheat Hamburger Bun Coleslaw (pre-prepared) French Fries (pre-prepared) Orange 1% Low Fat Milk	7 Black Bean and Sweet Potato Chili Multigrain Bread Corn Niblets Pear 1% Low Fat Milk Apple Juice	8 Baked Fish with Lemon Garlic Butter Sauce Confetti Brown Rice California Blend Vegetables * Fruit Salad 1% Low Fat Milk
11 California Veggie Burger (pre-prepared) Whole Wheat Hamburger Bun Home Fries Mashed Potato Style Broccoli Orange 1% Low Fat Milk	12 Turkey Gravy (from powdered mix) Turkey Meatloaf Multigrain Bread Baked Red Potato Wedges Creamed Spinach * Apple Sauce 1% Low Fat Milk	13 Light Egg Salad (3oz) with Lettuce Whole Wheat Dinner Roll Baby Carrots and Parsley * Carrot Apple Raisin Salad Banana 1% Low Fat Milk	14 Chicken Chasseur Whole Wheat Bread Whole Wheat Pasta Salad Sauteed Summer Squash with Corn and Tomatoes Pear 1% Low Fat Milk	15 Lemon Salmon Confetti Brown Rice Oriental Blend Vegetables Canned Pineapple * 1% Low Fat Milk
18 Homemade Turkey Salad Whole Wheat Bread Coleslaw (pre-prepared) Spinach, Hard Boiled Egg, Mushroom and Red Onion Salad Plums (2) * 1% Low Fat Milk	19 Baked Ziti with Vegan Ricotta Whole Wheat Dinner Roll Steamed Green Beans * Applesauce Orange 1% Low Fat Milk	20 Chicken Caprese Egg Noodles Multigrain Bread California Blend Vegetables * Banana 1% Low Fat Milk	21 Party Day Stuffed Cabbage Whole Wheat Dinner Roll Mashed Potato Prince Edward Vegetables Rice Pudding Fruit Salad 1% Low Fat Milk	22 Baked Flounder Kashmir Brown Rice Broccoli and Red Peppers * Orange 1% Low Fat Milk
25 Tuna Fish Salad Multigrain Bread Caesar Salad Four Bean Salad Orange 1% Low Fat Milk	26 BBQ Chicken Leg Quarters Whole Wheat Dinner Roll Broccoli with Toasted Garlic * Herb Potato Salad with Mustard Vinaigrette Canned Peach 1% Low Fat Milk	27 Pasta Fagiolie (pre-prepared) Whole Wheat Dinner Roll Mixed Green Salad Roasted Zucchini * Diced Pears 1% Low Fat Milk	28 Teriyaki Pork Loin Brown Rice (1/2 cup) Sauteed Summer Squash with Corn and Tomatoes Applesauce * 1% Low Fat Milk	29 Baked Marinated Fish Whole Wheat Bread Coleslaw (pre-prepared) Spiced Mixed Vegetables (non-starchy) * Nectarine 1% Low Fat Milk