

Selfhelp Maspeth Older Adult Center
MENU October 2023 (Breakfast)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Apple Juice	3 Cinnamon Raisin Bagel (pre-prepared) Vegetable Egg Frittata Apple 1% Low Fat Milk Reduced Fat Cream Cheese (1oz)	4 Apple Pie Oatmeal Cinnamon French Toast (pre-prepared) Hard Boiled Egg Banana 1% Low Fat Milk Pancake Syrup	5 Cheddar and Potato Bake Cinnamon Toast Crunch (Reduced Sugar) Blackberries 1% Low Fat Milk	6 Apple Pancakes Farina Hard Boiled Egg Blueberries * 1% Low Fat Milk Pancake Syrup
9 Chocolate Chip Muffin Top (pre-prepared) Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Pear 1% Low Fat Milk Ketchup (9g packet)	10 Cheerios Cinnamon Whole Wheat French Toast Hard Boiled Egg Yogurt Parfait with Blueberries 1% Low Fat Milk Pancake Syrup	11 Creamy Oat Bran (1/2 cup) Scrambled Eggs with Swiss Whole Wheat Bread Banana 1% Low Fat Milk Margarine	12 Baked Egg Omelette Mixed Berry and Quinoa Breakfast Bake Apple 1% Low Fat Milk	13 Ketchup (9g packet) Egg Whites Farina Orange 1% Low Fat Milk
16 Cheesy Grits Multigrain Cheerios Scrambled Eggs Blackberries 1% Low Fat Milk	17 Creamy Apple-Raisin Oatmeal Whole Wheat Breakfast Burrito with Turkey Orange 1% Low Fat Milk Margarine	18 Omelette with Peppers and Onions Toasted Oats Cereal Banana 1% Low Fat Milk Pancake Syrup	19 Instant Maple Flavored Oatmeal (1/2 cup) Multigrain Bread Spinach and Cheese Frittata Canned Pineapple 1% Low Fat Milk Apple Butter Cottage Cheese (3/4 cup)	20 Cottage Cheese (3/4 cup) Hard Boiled Egg Whole Wheat Cinnamon Pancakes Apple Raisins (2 Tbsps) 1% Low Fat Milk Pancake Syrup
23 Creamy Apple-Raisin Oatmeal Egg and Broccoli Scramble Home Fries Applesauce with Mango and Orange 1% Low Fat Milk Ketchup (9g packet)	24 Cinnamon Toast Crunch (Reduced Sugar) Egg Frittata with Potatoes and Peas Orange 1% Low Fat Milk	25 Hard Boiled Egg Hong Kong-Style French Toast Wheatena Yogurt Parfait with Blueberries 1% Low Fat Milk Pancake Syrup	26 Apple Pie Oatmeal Bran Muffin (pre-prepared) Western Frittata Banana 1% Low Fat Milk Margarine	27 Farina Spinach and Cheese Frittata Peach and Berry Bake 1% Low Fat Milk
30 Baked Egg Omelette Mixed Berry and Quinoa Breakfast Bake Fruit Cocktail 1% Low Fat Milk	31 Cinnamon Citrus Whole Wheat French Toast Squares Hard Boiled Egg Oatmeal (1 cup) Orange 1% Low Fat Milk Pancake Syrup			

MENU October 2023 (Lunch)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chicken Burger Swiss Cheese Slice Whole Wheat Hamburger Bun Roasted Mushrooms Stewed Tomatoes Orange 1% Low Fat Milk</p>	<p>3</p> <p>Baked Pork Chops Multigrain Bread Oriental Blend Vegetables Canned Sliced Peaches * 1% Low Fat Milk</p>	<p>4</p> <p>Roasted Tomato Soup Easy Vegan Shepherd Pie Whole Wheat Dinner Roll Steamed Broccoli * Apple 1% Low Fat Milk</p>	<p>5</p> <p>Roasted Chicken Legs Whole Wheat Bread Sweet Baked Yams Tomato Braised Winter Squash with Chickpeas and Spinach Applesauce * 1% Low Fat Milk</p>	<p>6</p> <p>Baked Marinated Fish - OR - Turkey Burger with Cheese Home Fries Whole Wheat Hamburger Bun Spiced Mixed Vegetables Canned Pears * 1% Low Fat Milk</p>
<p>9</p> <p>BBQ Pork Chops Whole Wheat Dinner Roll Baked Red Potato Wedges Prince Edward Blend Vegetables * Applesauce * 1% Low Fat Milk</p>	<p>10</p> <p>Mushroom and Lentil Stroganoff Whole Wheat Bread Baked Potato Broccoli with Toasted Garlic * Orange 1% Low Fat Milk</p>	<p>11</p> <p>Steamed Cauliflower * Sweet Baked Yams Banana 1% Low Fat Milk Roasted Turkey Breast Turkey Gravy (from powdered mix) Pumpkin Stuffing</p>	<p>12</p> <p>Oven Fried Chicken Multigrain Bread Garlic Mashed Potatoes Steamed Green Beans * Fruit Cocktail * 1% Low Fat Milk</p>	<p>13</p> <p>Baked Flounder - OR - Vegetarian Soy Burger Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Brussel Sprouts Canned Pears * 1% Low Fat Milk</p>
<p>16</p> <p>Black Bean Fajitas Whole Wheat Bread Mixed Green Salad * Zucchini with Onions and Peppers * Orange 1% Low Fat Milk</p>	<p>17</p> <p>Lemon Chicken Half White Half Brown Rice (1 cup) Broccoli with Toasted Garlic * Canned Sliced Peaches * 1% Low Fat Milk</p>	<p>18</p> <p>Hearty Winter Minestrone Soup Cheese Manicotti (pre-prepared) Whole Wheat Dinner Roll Italian Blend Vegetables * Banana 1% Low Fat Milk</p>	<p>19 Party Day</p> <p>Sausage & Peppers Italian Bread Pasta & Tomato Sauce Italian Green Beans Fresh Pear Peach Parfait 1% Low Fat Milk</p>	<p>20</p> <p>Lemon Pepper Fish - OR - Turkey Burger with Cheese Baked Red Potato Wedges Whole Wheat Hamburger Bun Roasted Brussels Sprouts * Canned Pears * 1% Low Fat Milk</p>
<p>23</p> <p>Baked Pork Chops Whole Wheat Dinner Roll O'Brien Potatoes Steamed Cauliflower * Apple 1% Low Fat Milk</p>	<p>24</p> <p>Chicken Legs with Stewed Tomatoes Whole Wheat Bread Prince Edward Blend Vegetables * Sauteed Spinach * Orange 1% Low Fat Milk</p>	<p>25</p> <p>Turkey with Gravy Pumpkin Stuffing Glazed Sweet Potatoes Tangy Green Beans * Banana 1% Low Fat Milk Apple Juice</p>	<p>26</p> <p>Cauliflower Soup Stuffed Baked Potato with Beans and Veggies Multigrain Bread Steamed Carrots * Fruit Cocktail * 1% Low Fat Milk</p>	<p>27</p> <p>Baked Fish with Lemon Garlic Butter Sauce - OR - California Veggie Whole Wheat Hamburger Bun Coleslaw (pre-prepared) Normandy Blend * Canned Pineapple * 1% Low Fat Milk</p>
<p>30</p> <p>Whole Wheat Lo Mein with Chickpeas Whole Wheat Dinner Roll Oriental Blend Vegetables Sauteed Asparagus * Orange 1% Low Fat Milk</p>	<p>31</p> <p>Turkey Salisbury Steak with Mushroom Gravy Multigrain Bread Steamed Cauliflower * Sweet Baked Yams Canned Apricots * 1% Low Fat Milk</p>			

