



Selfhelp Maspeth 6961 Grand Avenue (718)429-3636


**BREAKFAST MENU July 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Pancake Syrup</p>	<p>2 Vegetable Egg Frittata Whole Wheat Blueberry Muffins Peach 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>3 Apple Pie Oatmeal Cinnamon French Toast (pre-prepared) Hard Boiled Egg Banana 1% Low Fat Milk Pancake Syrup</p>	<p><b>Center Closed</b></p>	<p><b>Center Closed</b></p>
<p>8 Egg and Broccoli Scramble Instant Maple Flavored Oatmeal (1/2 cup) Whole Grain Apple Cinnamon Muffin (pre-prepared) Plum 1% Low Fat Milk Ketchup (9g packet)</p>	<p>9 Farina Plain French Toast (pre-prepared) Western Omelette Peach 1% Low Fat Milk Pancake Syrup</p>	<p>10 Apple 1% Low Fat Milk Margarine Bran Flakes Cereal Scrambled Eggs with Swiss Whole Wheat Bread</p>	<p>11 Creamy Apple-Raisin Oatmeal Hard Boiled Egg Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>12 Cheerios Egg Whites English Muffin, Whole Wheat Muenster Cheese Slice Honeydew 1% Low Fat Milk Ketchup (9g packet)</p>
<p>15 Oat Bran Scrambled Eggs Whole Wheat Cinnamon Pancakes Honeydew 1% Low Fat Milk</p>	<p>16 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Orange 1% Low Fat Milk Margarine</p>	<p>17 Cheese Omelet (pre prepared) Grits (1 cup) Whole Wheat Mini Bagel Banana 1% Low Fat Milk Pancake Syrup</p>	<p>18 Cinnamon Rice Pudding with Oats Egg White Omelette with Peppers and Onions Multigrain Bread Peach 1% Low Fat Milk</p>	<p>19 Coconut Banana Whole Wheat French Toast Cottage Cheese (3/4 cup) Hard Boiled Egg Plum 1% Low Fat Milk Pancake Syrup</p>
<p>22 Creamy Apple-Raisin Oatmeal Egg and Broccoli Scramble Home Fries Orange 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>23 Cottage Cheese (3/4 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>24 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Peach 1% Low Fat Milk Pancake Syrup</p>	<p>25 Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Banana 1% Low Fat Milk Margarine</p>	<p>26 English Muffin, Whole Wheat Oat Bran Spinach and Mozzarella Frittata Orange 1% Low Fat Milk Grape Jelly Margarine</p>
<p>29 Scrambled Eggs with Swiss Tropical Waffles with Mangoes and Whipped Cream Apple 1% Low Fat Milk Pancake Syrup</p>	<p>30 Cinnamon Citrus Whole Wheat French Toast Squares Hard Boiled Egg Oatmeal (1 cup) Orange 1% Low Fat Milk Pancake Syrup</p>	<p>31 Cinnamon Toast Crunch (Reduced Sugar) Home Fries Scrambled Eggs Peach 1% Low Fat Milk Ketchup (1 Tbsp)</p>		



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**LUNCH MENU July 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 California Veggie Burger Cheddar Cheese Slice Whole Wheat Hamburger Bun Baked Red Potato Wedges Sauteed Onions and Peppers * Orange 1% Low Fat Milk Chocolate Ice Cream Cup, Fat-Free, No Sugar Added</p>	<p>2 Hawaiian Roast Pork with Peanut Butter Crust Multigrain Bread Oriental Blend Vegetables Sweet Baked Yams Apple 1% Low Fat Milk</p>	<p>3 Swiss Steak with Onions Whole Wheat Dinner Roll Garden Salad * Sauteed Green Beans with Onions * Honeydew 1% Low Fat Milk</p>	<p>4 <b>Center Closed</b>  Happy July 4<sup>th</sup> </p>	<p>5 <b>Center Closed</b></p>
<p>8 Whole Wheat Tuna Sandwich (1 sandwich) Beet Salad * Coleslaw (pre-prepared) Apple 1% Low Fat Milk</p>	<p>9 Beef and Turkey Meatloaf with Mushroom Gravy Whole Wheat Bread Steamed Cauliflower * Sweet Baked Yams Orange 1% Low Fat Milk</p>	<p>10 Classic Chicken Cacciatore Whole Wheat Dinner Roll Orzo Steamed Green Beans * Plums (2) * 1% Low Fat Milk</p>	<p>11 French Dressed Bean Salad Multigrain Bread Herb Potato Salad with Lettuce and Tomato * Peach 1% Low Fat Milk Vanilla Ice Cream Cup, Fat-Free, No Sugar Added</p>	<p>12 Lemon Salmon - OR - Breaded Meatless Patty (pre-prepared) Multigrain Bread Home Fries with Peppers and Onions Prince Edward Blend Vegetables * Pear, 1% Low Fat Milk</p>
<p>15 Stewed Pork Chops Whole Wheat Dinner Roll Italian Cut Green Beans * Roasted Potatoes Orange 1% Low Fat Milk</p>	<p>16 Roasted Turkey Breast Turkey Gravy Multigrain Bread Sauteed Summer Squash with Corn and Tomatoes * Sweet Baked Yams Apple 1% Low Fat Milk</p>	<p>17 Cauliflower Chickpea Bulgur Bake Whole Wheat Bread Mixed Green Salad * Sauteed Broccoli with Mushrooms Banana 1% Low Fat Milk/Apple Juice Vanilla Ice Cream Cup, Fat-Free, No Sugar Added</p>	<p>18 Party Day Hamburger &amp; Hot Dog Hamburger Bun Coleslaw Lettuce &amp; Tomato Peach 1% Low Fat Milk Ice cream Sandwich</p>	<p>19 Turkey Burger with Cheese Whole Wheat Hamburger Bun Coleslaw (pre-prepared) Home Fries Watermelon 1% Low Fat Milk</p>
<p>22 Turkey Burger with Cheese Whole Wheat Hamburger Bun Home Fries Zucchini with Corn and Tomatoes Apple 1% Low Fat Milk Chocolate Ice Cream Cup, Fat-Free, No Sugar Added</p>	<p>23 Chicken Marsala Multigrain Bread Baked Red Potato Wedges Normandy Blend * Watermelon 1% Low Fat Milk</p>	<p>24 Rustic Tomato and Bean Whole Grain Pasta Whole Wheat Dinner Roll Broccoli with Toasted Garlic Garden Salad * Plums (2) * 1% Low Fat Milk</p>	<p>25 Smothered Pork Chops Whole Wheat Dinner Roll Prince Edward Blend Vegetables * Sweet Baked Yams Peach 1% Low Fat Milk</p>	<p>26 Alfredo Sauce Baked Salmon - OR - Cheese Tortellini (pre-prepared) Whole Wheat Bread Sauteed Green Beans with Onions * Tossed Salad with Dressing * Orange, 1% Low Fat Milk</p>
<p>29 Roasted Vegetable Couscous Steamed Green Beans * Orange 1% Low Fat Milk Baked Chicken Quarters Gravy Whole Wheat Bread</p>	<p>30 Beef and Turkey Meatloaf with Mushroom Gravy Multigrain Bread Normandy Blend * Sweet Baked Yams Apple 1% Low Fat Milk</p>	<p>31 Grape Juice, Unsweetened Scrumptious No Cheese Baked Ziti Whole Wheat Dinner Roll Garden Salad * Italian Blend Vegetables * Banana 1% Low Fat Milk Vanilla Ice Cream Cup, Fat-Free, No Sugar</p>	