




Contract(s): Selfhelp Maspeth
BREAKFAST MENU December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Scrambled Eggs with Swiss Tropical Waffles with Mangoes and Whipped Cream Apple 1% Low Fat Milk Pancake Syrup</p>	<p>3 Cinnamon Citrus Whole Wheat French Toast Squares Hard Boiled Egg Oatmeal (1 cup) Orange 1% Low Fat Milk Pancake Syrup</p>	<p>4 Cinnamon Toast Crunch (Reduced Sugar) Home Fries Scrambled Eggs Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>5 Cheerios Cottage Cheese (3/4 cup) Egg and Broccoli Scramble Canned Pears 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>6 Bran Flakes Cereal Cheddar and Potato Bake Whole Grain Apple Cinnamon Muffin (pre- prepared) Fruit Cocktail 1% Low Fat Milk Ketchup (1 Tbsp)</p>
<p>9 Egg Whites Instant Maple Flavored Oatmeal (1/2 cup) Pancakes (pre-prepared) Orange 1% Low Fat Milk Margarine Pancake Syrup</p>	<p>10 Multigrain Bread Oatmeal (1 cup) Spinach, Vegetable, and Cheddar Frittata Canned Sliced Peaches 1% Low Fat Milk Margarine</p>	<p>11 1% Low Fat Milk Pancake Syrup Hard Boiled Egg Oatmeal (1 cup) Plain French Toast (pre- prepared) Banana</p>	<p>12 Apple Pie Oatmeal Cheese Frittata Apple 1% Low Fat Milk Margarine</p>	<p>13 Cheddar and Potato Bake Whole Grain Waffle (pre-prepared) Canned Pears 1% Low Fat Milk Pancake Syrup</p>
<p>16 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Pancake Syrup</p>	<p>17 Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Whole Wheat Blueberry Muffins Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>18 Apple Pie Oatmeal Cinnamon French Toast (pre- prepared) Hard Boiled Egg Fruit Cocktail 1% Low Fat Milk Pancake Syrup</p>	<p>19 Cheddar and Potato Bake Multigrain Cheerios Applesauce with Mango and Orange 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>20 Apple Pancakes Hard Boiled Egg Oatmeal (1 cup) Apple 1% Low Fat Milk Pancake Syrup</p>
<p>23 Egg and Broccoli Scramble Instant Maple Flavored Oatmeal (1/2 cup) Whole Grain Apple Cinnamon Muffin (pre-prepared) Canned Pears 1% Low Fat Milk Ketchup (9g packet)</p>	<p>24 Farina Plain French Toast (pre- prepared) Vegetarian Western Omelette Orange 1% Low Fat Milk Pancake Syrup</p>	<p>Center Closed</p>	<p>26 Creamy Apple-Raisin Oatmeal Hard Boiled Egg Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>27 Cheerios Egg Whites English Muffin, Whole Wheat Muenster Cheese Slice Canned Sliced Peaches 1% Low Fat Milk Ketchup (9g packet)</p>
<p>30 Oat Bran Scrambled Eggs Whole Wheat Cinnamon Pancakes Canned Pears 1% Low Fat Milk</p>	<p>31 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Strawberry Applesauce 1% Low Fat Milk Margarine</p>			



LUNCH MENU December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Baked Chicken Quarters Gravy Whole Wheat Bread Baked Potato Steamed Red or Green Cabbage * Orange 1% Low Fat Milk</p>	<p>3 A Nice Vegetable Soup Scrumptious No Cheese Baked Ziti Whole Wheat Dinner Roll Zucchini and Peas * Canned Pears * 1% Low Fat Milk</p>	<p>4 Beef Meatloaf Brown Gravy Multigrain Bread Garlic Mashed Potatoes * Sauteed Broccoli with Mushrooms and Pearl Onions Apple 1% Low Fat Milk</p>	<p>5 Chicken Parmesan with Sauteed Onions and Garlic Whole Wheat Dinner Roll Cheese Tortellini (pre-prepared) Italian Cut Green Beans * Canned Sliced Peaches * 1% Low Fat Milk</p>	<p>6 Baked Fish Confetti Brown Rice Normandy Blend * Canned Pineapple * 1% Low Fat Milk</p>
<p>9 Fruit Cocktail * 1% Low Fat Milk Hawaiian Chicken Legs Whole Wheat Dinner Roll Oriental Blend Vegetables Roasted Potatoes</p>	<p>10 Beef and Turkey Meatloaf with Mushroom Gravy Multigrain Bread Sweet Baked Yams Winter Blend Vegetables * Applesauce * 1% Low Fat Milk</p>	<p>11 California Veggie Burger String Cheese Stick (1 oz) Whole Wheat Hamburger Bun Coleslaw (pre-prepared) Prince Edward Blend Vegetables Orange 1% Low Fat Milk</p>	<p>12 Oven Fried Chicken Wings Multigrain Bread Instant Mashed Potatoes Normandy Blend * Apple 1% Low Fat Milk Rice Pudding (pre-prepared)</p>	<p>13 Baked Fish with Lemon Garlic Butter Sauce Baked Brown Rice Pilaf Mashed Potato Style Broccoli Canned Pineapple * 1% Low Fat Milk</p>
<p>16 Turkey Gravy Turkey Meatloaf with Mushrooms and Peppers Multigrain Bread Baked Potato Prince Edward Blend Vegetables * Orange 1% Low Fat Milk</p>	<p>17 Smokey Black Bean and Sweet Potato Chili Whole Wheat Bread Mixed Green Salad * Steamed Cauliflower * Apple 1% Low Fat Milk Whole Grain Vanilla Wafers (pre-prepared)</p>	<p>18 Deluxe Cheeseburger with Onions Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Sauteed Green Beans with Onions * Fruit Cocktail * 1% Low Fat Milk</p>	<p>19 Party Day Chicken Kiev Dinner Roll Broccoli Florets Baked Potato Pears Rice Pudding 1% Low Fat Milk</p>	<p>20 Baked Marinated Fish Confetti Brown Rice Tomato Braised Winter Squash with Chickpeas and Spinach Canned Mandarin Oranges * 1% Low Fat Milk</p>
<p>23 Beef Meatloaf Brown Gravy Whole Wheat Bread Baby Carrots and Parsley * Parmesan Rosemary Mashed Potatoes Apple 1% Low Fat Milk</p>	<p>24 Homestyle Spinach and White Bean Soup California Veggie Burger Whole Wheat Hamburger Bun Normandy Blend * Sliced Tomatoes Orange 1% Low Fat Milk</p>	<p>25 Center Closed</p> 	<p>26 Vegetable Soup Turkey Burger Whole Wheat Hamburger Bun Broccoli and Red Peppers * Coleslaw Apple 1% Low Fat Milk</p>	<p>27 Lemon Salmon Yellow Rice Zucchini Provencal * Canned Pineapple * 1% Low Fat Milk Whole Grain Vanilla Wafers (pre-prepared)</p>
<p>30 Roasted Chicken Legs Whole Wheat Bread Steamed Cauliflower * Sweet Baked Yams Applesauce * 1% Low Fat Milk</p>	<p>31 Classic Lentil Soup Tasty Whole Wheat Lo Mein with Chickpeas Whole Wheat Dinner Roll Broccoli with Teriyaki Sauce * Canned Sliced Peaches * 1% Low Fat Milk</p>			