




Selfhelp Maspeth 6961 Grand Avenue (718)429-3636

**BREAKFAST MENU January 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Closed	2 Egg White Omelette with Peppers and Onions Instant Maple Flavored Oatmeal (1/2 cup) Multigrain Bread Orange 1% Low Fat Milk	3 Coconut Banana Whole Wheat French Toast Cottage Cheese (3/4 cup) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup
6 Creamy Apple-Raisin Oatmeal Egg and Broccoli Scramble Home Fries Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	7 Cottage Cheese (3/4 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)	8 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Banana 1% Low Fat Milk Pancake Syrup	9 Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Applesauce with Mango and Orange 1% Low Fat Milk Margarine	10 English Muffin, Whole Wheat Oat Bran Spinach and Mozzarella Frittata Orange 1% Low Fat Milk Grape Jelly Margarine
13 Scrambled Eggs with Swiss Tropical Waffles with Mangoes and Whipped Cream Apple 1% Low Fat Milk Pancake Syrup	14 Cinnamon Citrus Whole Wheat French Toast Squares Hard Boiled Egg Oatmeal (1 cup) Orange 1% Low Fat Milk Pancake Syrup	15 Cinnamon Toast Crunch (Reduced Sugar) Home Fries Scrambled Eggs Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	16 Cheerios Cottage Cheese (3/4 cup) Egg and Broccoli Scramble Canned Pears 1% Low Fat Milk Ketchup (1 Tbsp)	17 Bran Flakes Cereal Cheddar and Potato Bake Whole Grain Apple Cinnamon Muffin (pre-prepared) Fruit Cocktail 1% Low Fat Milk Ketchup (1 Tbsp)
20 Closed	21 Multigrain Bread Oatmeal (1 cup) Spinach, Vegetable, and Cheddar Frittata Canned Sliced Peaches 1% Low Fat Milk Margarine	22 1% Low Fat Milk Pancake Syrup Hard Boiled Egg Oatmeal (1 cup) Plain French Toast (pre-prepared) Banana	23 Apple Pie Oatmeal Cheese Frittata Apple 1% Low Fat Milk Margarine	24 Cheddar and Potato Bake Whole Grain Waffle (pre-prepared) Canned Pears 1% Low Fat Milk Pancake Syrup
27 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Pancake Syrup	28 Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Whole Wheat Blueberry Muffins Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	29 Apple Pie Oatmeal Cinnamon French Toast (pre-prepared) Hard Boiled Egg Fruit Cocktail 1% Low Fat Milk Pancake Syrup	30 Cheddar and Potato Bake Multigrain Cheerios Applesauce with Mango and Orange 1% Low Fat Milk Ketchup (1 Tbsp)	31 Apple Pancakes Hard Boiled Egg Oatmeal (1 cup) Apple 1% Low Fat Milk



LUNCH MENU January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Closed  <i>Happy New Year</i> **	2 Oven Fried Chicken Wings Whole Wheat Bread Baby Carrots and Parsley * Coleslaw (pre-prepared) Canned Pears * 1% Low Fat Milk	3 Baked Marinated Fish Brown Rice (1 cup) California Blend Vegetables * Apple 1% Low Fat Milk
6 Lemon Chicken Whole Wheat Dinner Roll Normandy Blend * O'Brien Potatoes Orange 1% Low Fat Milk Whole Grain Vanilla Wafers	7 Mama's Pasta Fagioli Whole Wheat Bread Italian Cut Green Beans * Roasted Zucchini Canned Sliced Peaches * 1% Low Fat Milk Tapioca Pudding (pre-prepared)	8 Mushroom Barley Soup Turkey and Beef Salisbury Steak with Mushroom Gravy Multigrain Bread Cabbage Casserole Applesauce * 1% Low Fat Milk	9 Baked Ziti with Ricotta Whole Wheat Dinner Roll Sautéed Spinach and Tomatoes * Tossed Salad with Dressing * Apple 1% Low Fat Milk	10 Baked Salmon Brown Rice (1/2 cup) Broccoli and Red Peppers * Canned Mandarin Oranges * 1% Low Fat Milk
13 Baked Chicken Quarters Gravy Whole Wheat Bread Baked Potato Steamed Red or Green Cabbage * Orange 1% Low Fat Milk	14 A Nice Vegetable Soup Scrumptious No Cheese Baked Ziti Whole Wheat Dinner Roll Zucchini and Peas * Canned Pears * 1% Low Fat Milk	15 Beef Meatloaf Brown Gravy Multigrain Bread Garlic Mashed Potatoes Sautéed Broccoli with Mushrooms and Pearl Onions Apple 1% Low Fat Milk	16 Stuffed Cabbage Whole Wheat Dinner Roll Baked Potato Mixed Vegetables 1% Low Fat Milk Apple Sauce 1% Low Fat Milk	17 Baked Fish Confetti Brown Rice Normandy Blend * Canned Pineapple * 1% Low Fat Milk
20 Closed - <i>Martin Luther King Jr Holiday</i> 	21 California Veggie Burger (pre- prepared, 4oz) String Cheese Stick (1 oz) Whole Wheat Hamburger Bun Coleslaw (pre-prepared) Prince Edward Blend Vegetables Orange 1% Low Fat Milk	22 Beef and Turkey Meatloaf with Mushroom Gravy Multigrain Bread Sweet Baked Yams Winter Blend Vegetables * Applesauce * 1% Low Fat Milk	23 Oven Fried Chicken Wings Multigrain Bread Instant Mashed Potatoes Normandy Blend * Apple 1% Low Fat Milk Rice Pudding (pre-prepared)	24 Baked Fish with Lemon Garlic Butter Sauce Baked Brown Rice Pilaf Mashed Potato Style Broccoli Canned Pineapple * 1% Low Fat Milk
27 Turkey Gravy Turkey Meatloaf with Mushrooms and Peppers Multigrain Bread Baked Potato Prince Edward Blend Vegetables * Orange 1% Low Fat Milk	28 Smokey Black Bean and Sweet Potato Chili Whole Wheat Bread Mixed Green Salad * Steamed Cauliflower * Apple 1% Low Fat Milk Whole Grain Vanilla Wafers	29 Deluxe Cheeseburger with Onions Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Sautéed Green Beans with Onions * Fruit Cocktail * 1% Low Fat Milk	30 Cranberry Chicken Whole Wheat Dinner Roll Broccoli and Red Peppers * Sweet Baked Yams Canned Sliced Peaches * 1% Low Fat Milk	31 Baked Marinated Fish Confetti Brown Rice Tomato Braised Winter Squash with Chickpeas and Spinach Canned Mandarin Oranges 1% Low Fat Milk

