


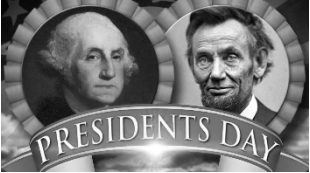


Selfhelp Maspeth Older Adult Center
BREAKFAST MENU February, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 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>4 Farina Plain French Toast (pre-prepared) Vegetarian Western Omelette Orange 1% Low Fat Milk Pancake Syrup</p>	<p>5 Bran Flakes Cereal Scrambled Eggs with Swiss Whole Wheat Bread Apple 1% Low Fat Milk Margarine</p>	<p>6 Creamy Apple-Raisin Oatmeal Hard Boiled Egg Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>7 Cheerios Egg Whites English Muffin, Whole Wheat Muenster Cheese Slice Canned Sliced Peaches 1% Low Fat Milk Ketchup (9g packet)</p>
<p>10 Oat Bran Scrambled Eggs Whole Wheat Cinnamon Pancakes Canned Pears 1% Low Fat Milk</p>	<p>11 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Strawberry Applesauce 1% Low Fat Milk Margarine</p>	<p>12 Cheese Omelet (pre prepared) Grits (1 cup) Whole Wheat Mini Bagel Banana 1% Low Fat Milk Pancake Syrup</p>	<p>13 Egg White Omelette with Peppers and Onions Instant Maple Flavored Oatmeal (1/2 cup) Multigrain Bread Orange 1% Low Fat Milk</p>	<p>14 Coconut Banana Whole Wheat French Toast Cottage Cheese (3/4 cup) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup</p>
<p>17 Presidents Day Center Closed</p>	<p>18 Cottage Cheese (3/4 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>19 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Banana 1% Low Fat Milk Pancake Syrup</p>	<p>20 Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Applesauce with Mango and Orange 1% Low Fat Milk Margarine</p>	<p>21 English Muffin, Whole Wheat Oat Bran Spinach and Mozzarella Frittata Orange 1% Low Fat Milk Grape Jelly Margarine</p>
<p>24 Scrambled Eggs with Swiss Tropical Waffles with Mangoes and Whipped Cream Apple 1% Low Fat Milk Pancake Syrup</p>	<p>25 Cinnamon Citrus Whole Wheat French Toast Squares Hard Boiled Egg Oatmeal (1 cup) Orange 1% Low Fat Milk Pancake Syrup</p>	<p>26 Cinnamon Toast Crunch (Reduced Sugar) Home Fries Scrambled Eggs Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>27 Cheerios Cottage Cheese (3/4 cup) Egg and Broccoli Scramble Canned Pears 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>28 Bran Flakes Cereal Cheddar and Potato Bake Whole Grain Apple Cinnamon Muffin (pre-prepared) Fruit Cocktail 1% Low Fat Milk Ketchup (1 Tbsp)</p>



LUNCH MENU February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Classic Lentil Soup (pre-prepared) California Veggie Burger (pre-prepared, 4oz) Cheddar Cheese Slice Whole Wheat Hamburger Bun Kale with Tomato * Apple 1% Low Fat Milk</p>	<p>4 Baked Fish with Lemon Garlic Butter Sauce - OR - Whole Wheat Tuna Salad Sandwich (1 sandwich) Whole Wheat Bread Coleslaw (pre-prepared) Mashed Potato Style Broccoli Orange 1% Low Fat Milk</p>	<p>5 Baked Mushroom Chicken Multigrain Bread Normandy Blend * Sweet Baked Yams Canned Pears * 1% Low Fat Milk</p>	<p>6 Vegetable Soup Stuffed Shells (Pre-prepared) Whole Wheat Dinner Roll Sautéed Mushrooms, Peppers, and Onions Apple 1% Low Fat Milk</p>	<p>7 Lemon Salmon Yellow Rice Zucchini Provencal * Canned Pineapple * 1% Low Fat Milk</p>
<p>10 Roasted Chicken Wings Whole Wheat Bread Steamed Cauliflower * Sweet Baked Yams Applesauce * 1% Low Fat Milk</p>	<p>11 Marvelously Meaty Mushroom Lasagna Whole Wheat Dinner Roll Garden Salad * Sautéed Zucchini * Canned Sliced Peaches * 1% Low Fat Milk</p>	<p>12 Beef Salisbury Steak Multigrain Bread Creamed Spinach * Roasted Spiced Red Potatoes Canned Pineapple * 1% Low Fat Milk</p>	<p>13 BBQ Pulled Pork Whole Wheat Hamburger Bun Broccoli with Toasted Garlic * Coleslaw (pre-prepared) Canned Pears * 1% Low Fat Milk</p>	<p>14 Baked Marinated Fish Brown Rice (1 cup) California Blend Vegetables * Apple 1% Low Fat Milk</p> 
<p>17 Center Closed</p> 	<p>18 Roasted Tomato Soup White Bean, Kale, and Carrot Medley Whole Wheat Bread Arugula Salad with Balsamic Vinaigrette Cauliflower Rice Canned Sliced Peaches * 1% Low Fat Milk</p>	<p>19 Mushroom Barley Soup Turkey and Beef Salisbury Steak with Mushroom Gravy Multigrain Bread Sautéed Summer Squash with Corn and Tomatoes * Applesauce * 1% Low Fat Milk</p>	<p>20 PARTY DAY Breaded Honey Chicken Whole Wheat Dinner Roll Mashed Potatoes * Creamed Corn & Red Peppers Beets in Orange Sauce Strawberries 1% Low Fat Milk</p>	<p>21 Baked Salmon Brown Rice (1/2 cup) Broccoli and Red Peppers * Canned Mandarin Oranges * 1% Low Fat Milk</p>
<p>24 BBQ Pulled Pork Whole Wheat Hamburger Bun Oriental Blend Vegetables Sweet Baked Yams Orange 1% Low Fat Milk</p>	<p>25 Whole Wheat Egg Salad Sandwich Whole Wheat Bread (2) Garden Salad * Normandy Blend * Canned Pears * 1% Low Fat Milk</p>	<p>26 Chicken Legs with Stewed Tomatoes Whole Wheat Dinner Roll Garlic Mashed Potatoes * Sautéed Broccoli with Mushrooms and Pearl Onions Apple 1% Low Fat Milk</p>	<p>27 Fluffy Tofu Broccoli Souffle Lemon Rice Arugula Salad with Roasted Beets and Carrots Canned Sliced Peaches * 1% Low Fat Milk</p>	<p>28 Baked Fish Multigrain Bread Creamy Corn and Pepper Salad Sautéed Spinach * Canned Pineapple * 1% Low Fat Milk</p> 