





Selfhelp Maspeth Older Adult Center-6961 Grand Avenue (718)429-3636

BREAKFAST MENU May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Creamy Apple-Raisin Oatmeal Hard Boiled Egg Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Ketchup (1 Tbsp)	2 Cheerios Egg Whites English Muffin, Whole Wheat Muenster Cheese Slice Canned Sliced Peaches 1% Low Fat Milk Ketchup (9g packet)
5 Oat Bran Scrambled Eggs Whole Wheat Cinnamon Pancakes Canned Pears 1% Low Fat Milk	6 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Strawberry Applesauce 1% Low Fat Milk Margarine	7 Cheese Omelet (pre prepared) Grits (1 cup) Whole Wheat Mini Bagel Banana 1% Low Fat Milk Pancake Syrup	8 Cheerios Egg Whites Non-fat Plain Greek Yogurt (1/2 cup) Orange 1% Low Fat Milk	9 Coconut Banana Whole Wheat French Toast Cottage Cheese (1/2 cup) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup
12 Creamy Apple-Raisin Oatmeal Egg and Broccoli Scramble Home Fries Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	13 Cottage Cheese (1/2 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)	14 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Orange 1% Low Fat Milk Pancake Syrup	15 Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Applesauce with Mango and Orange 1% Low Fat Milk Margarine	16 Bran Flakes Cereal Cheddar and Potato Bake Banana 1% Low Fat Milk Grape Jelly Margarine
19 Scrambled Eggs Tropical Waffles with Mangoes and Whipped Cream Wheat Flake Cereal Apple 1% Low Fat Milk Pancake Syrup	20 Oatmeal (1 cup) Potato Spinach Frittata Orange 1% Low Fat Milk Pancake Syrup	21 Cinnamon Toast Crunch (Reduced Sugar) Home Fries Scrambled Eggs with Red Peppers and Onions Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	22 Cheerios Cottage Cheese (1/2 cup) Egg and Broccoli Scramble Canned Pears 1% Low Fat Milk Ketchup (1 Tbsp)	23 Bran Flakes Cereal Cheddar and Potato Bake Fruit Cocktail 1% Low Fat Milk Ketchup (1 Tbsp)
26 Center Closed	27 Cheerios Egg Frittata with Potatoes and Peas Canned Sliced Peaches 1% Low Fat Milk Margarine	28 Pancake Syrup Hard Boiled Egg Oatmeal (1 cup) Plain French Toast (pre-prepared) Banana 1% Low Fat Milk	29 Cheese Frittata Toasted Oats Cereal Whole Grain Blueberry Muffin (pre-prepared) Apple 1% Low Fat Milk Margarine	30 Cheddar and Potato Bake Cottage Cheese (1/2 cup) English Muffin, Whole Wheat Canned Pears 1% Low Fat Milk 

LUNCH MENU May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
May Is Older Americans Month	NOTE: Lunch will be served early on Fridays from 11:15 to 12:45 cut-off time		1 Vegetable Soup Stuffed Shells Whole Wheat Dinner Roll Sauteed Peppers, Onions & Mushrooms	2 Lemon Salmon Yellow Rice Zucchini Provencal Pineapple 1% Low Fat Milk
5 Dairy-Free Baked Ziti with Beef Multigrain Bread Broccoli with Toasted Garlic * Roasted Zucchini Apple 1% Low Fat Milk	6 Succotash Salad Whole Wheat Dinner Roll Beet Salad Tomato Salad with Basil * Orange 1% Low Fat Milk	7 BBQ Pulled Pork Whole Wheat Hamburger Bun Coleslaw (pre-prepared) Steamed Carrots with Raisins * Banana 1% Low Fat Milk	8 Chicken with Tangy Tomato Sauce Pasta (1 cup) Whole Wheat Bread Tossed Salad with Dressing * Orange 1% Low Fat Milk	9 Fillet of Fish Whole Wheat Sandwich Cauliflower Rice Steamed Spinach with Soy Sauce * Canned Pineapple * 1% Low Fat Milk
12 Glazed Honey Balsamic Chicken Whole Wheat Dinner Roll Baked Red Potato Wedges Steamed Cauliflower * Orange 1% Low Fat Milk	13 Beef Meatloaf with Mushroom Gravy Multigrain Bread Creamed Spinach * Sweet Baked Yams Apple 1% Low Fat Milk	14 Breaded Fish Fillet (pre-prepared) Brown Rice (1/2 cup) Broccoli with Toasted Garlic * Orange 1% Low Fat Milk	15 PARTY Smoked Ham Sweet Potato Cauliflower Applesauce 1% Low Fat Milk	16 Chili-Lime Wild Rice and Black Bean Salad Whole Wheat Bread Corn and Red Peppers Garden Salad * Applesauce * 1% Low Fat Milk
19 BBQ Pulled Pork Whole Wheat Hamburger Bun Cauliflower with Carrots and Parsley * Home Fries with Peppers and Onions Orange 1% Low Fat Milk	20 Healthier Tuna Salad Whole Wheat Bread Coleslaw (pre-prepared) Russian Vinaigrette Salad with Beets and Sauerkraut * Canned Pineapple * 1% Low Fat Milk	21 Hawaiian Chicken Legs Whole Wheat Dinner Roll Broccoli with Teriyaki Sauce * Sweet Baked Yams Banana 1% Low Fat Milk	22 Summer Chickpea and Veggie Salad Whole Wheat Bread Carrot Salad Mixed Green Salad * Canned Sliced Peaches * 1% Low Fat Milk	23 Baked Fish Multigrain Bread Orzo Sauteed Spinach * Apple 1% Low Fat Milk
26 CENTER CLOSED 	27 BBQ Pulled Pork Whole Wheat Hamburger Bun Broccoli with Toasted Garlic * Smashed Mixed Potatoes and Cauliflower Applesauce * 1% Low Fat Milk	28 Homemade Beef Hamburger Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Sauteed Onions and Peppers * Banana 1% Low Fat Milk	29 Chicken Parmesan Bowtie Pasta (1/2 cup) Whole Wheat Dinner Roll Italian Cut Green Beans * Apple 1% Low Fat Milk	30 Breaded Fish Fillet (pre-prepared) Cheese Tortellini (pre-prepared) Sauteed Zucchini * Canned Pineapple * 1% Low Fat Milk 