




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

## **BREAKFAST MENU June 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Pancake Syrup	3 Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Whole Wheat Blueberry Muffins Peach 1% Low Fat Milk Ketchup (1 Tbsp)	4 Apple Pie Oatmeal Cinnamon French Toast (pre- prepared) Hard Boiled Egg Grapes 1% Low Fat Milk Pancake Syrup	5 Multigrain Cheerios Whole Wheat Grilled Cheese (1 sandwich) Banana 1% Low Fat Milk Ketchup (1 Tbsp)	6 Apple Pancakes Hard Boiled Egg Oatmeal (1 cup) Apple 1% Low Fat Milk Pancake Syrup
9 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)	10 Farina Plain French Toast (pre-prepared) Vegetarian Western Omelette Orange 1% Low Fat Milk Pancake Syrup	11 Bran Flakes Cereal Cheese Frittata Cottage Cheese (1/2 cup) Banana 1% Low Fat Milk Margarine	12 Creamy Apple-Raisin Oatmeal Hard Boiled Egg Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Ketchup (1 Tbsp)	13 Cheerios Egg Whites English Muffin, Whole Wheat Muenster Cheese Slice Canned Sliced Peaches * 1% Low Fat Milk Ketchup (9g packet)
16 Oat Bran Scrambled Eggs Whole Wheat Cinnamon Pancakes Canned Pears * 1% Low Fat Milk	17 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Peach 1% Low Fat Milk Margarine	18 Cheese Omelet (pre prepared) Grits (1 cup) Whole Wheat Mini Bagel Banana 1% Low Fat Milk Pancake Syrup	19 Center Closed	20 Coconut Banana Whole Wheat French Toast Cottage Cheese (1/2 cup) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup
23 Creamy Apple-Raisin Oatmeal Egg and Broccoli Scramble Home Fries Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	24 Cottage Cheese (1/2 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)	25 Pancake Syrup Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Orange 1% Low Fat Milk	26 Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Canned Pears * 1% Low Fat Milk Margarine	27 Bran Flakes Cereal Cheddar and Potato Bake Banana 1% Low Fat Milk Grape Jelly Margarine
30 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Pancake Syrup				



Selfhelp Maspeth - OAC 6961 Grand Avenue – 718.429.3636

## LUNCH MENU June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Baked Pork Gravy Whole Wheat Dinner Roll Prince Edward Blend Vegetables * Sweet Baked Yams Peach 1% Low Fat Milk</p>	<p>3 Baked Chicken Quarters Gravy Whole Wheat Bread Potatoes and Carrots with Butter and Parsley Steamed Cauliflower * Apple 1% Low Fat Milk</p>	<p>4 Smokey Black Bean Chilli Mixed Green Salad Brown Rice Plum 1% Low Fat Milk</p>	<p>5 Deluxe Cheeseburger with Onions Baked Fries (pre-prepared) Whole Wheat Hamburger Bun Coleslaw (pre-prepared) Steamed Broccoli * Orange 1% Low Fat Milk</p>	<p>6 Baked Marinated Fish Confetti Brown Rice Kale with Tomato * Orange 1% Low Fat Milk</p>
<p>9 California Veggie Burger (pre-prepared, 4oz) Cheddar Cheese Slice Whole Wheat Hamburger Bun Lemony Chickpea and Kale Stir-Fry Nectarine 1% Low Fat Milk</p>	<p>10 Italian Roasted Pork Tenderloin Whole Wheat Dinner Roll Roasted Zucchini * Sauteed Mushrooms, Peppers, and Onions Plums (2) * 1% Low Fat Milk</p>	<p>11 Chicken Chasseur Multigrain Bread Steamed Broccoli and Cauliflower * Sweet Baked Yams Orange 1% Low Fat Milk</p>	<p>12 Tuna-Egg Salad Supreme Whole Wheat Bread Caesar Salad * Cucumber and Tomato Salad with Balsamic Vinaigrette Apple 1% Low Fat Milk</p>	<p>13 Baked Salmon with Cilantro Citrus Sauce Yellow Rice Creamed Spinach * Orange 1% Low Fat Milk</p>
<p>16 Dairy-Free Baked Ziti with Beef Multigrain Bread Broccoli with Toasted Garlic * Roasted Zucchini Apple 1% Low Fat Milk</p>	<p>17 New Orleans Sweet Potato Gumbo Tossed Salad Brown Rice Nectarine 1% Low Fat Milk</p>	<p>18 BBQ Pulled Pork Whole Wheat Hamburger Bun Coleslaw (pre-prepared) Steamed Carrots with Raisins * Banana 1% Low Fat Milk</p>	<p>19 Closed for Juneteenth Holiday</p>	<p>20 Fillet of Fish Whole Wheat Sandwich Cauliflower Rice Steamed Spinach with Soy Sauce * Peach 1% Low Fat Milk</p>
<p>23 1% Low Fat Milk Glazed Honey Balsamic Chicken Whole Wheat Dinner Roll Baked Red Potato Wedges Steamed Cauliflower * Orange</p>	<p>24 Beef Meatloaf with Mushroom Gravy Multigrain Bread Creamed Spinach * Sweet Baked Yams Apple 1% Low Fat Milk</p>	<p>25 Chili-Lime Wild Rice and Black Bean Salad Whole Wheat Bread Corn and Red Peppers Garden Salad * Grapes 1% Low Fat Milk</p>	<p>26 Party Day Chicken Kiev Whole Wheat Dinner Roll Baked Potato * Spinach w Garlic &amp; Olive Oil Melon 1% Low Fat Milk</p>	<p>27 Breaded Fish Fillet (pre-prepared) Brown Rice (1/2 cup) Broccoli with Toasted Garlic * Orange 1% Low Fat Milk</p>
<p>30 Deluxe Cheeseburger with Onions Baked Fries (pre-prepared) Whole Wheat Hamburger Bun Coleslaw (pre-prepared) Steamed Broccoli * Orange 1% Low Fat Milk</p>			<p><b>NOTE: Lunch will be served early on <u>Fridays</u> from 11:15 to 12:45 cut-off time</b></p>	<p><b>NYC</b> Department for the Aging</p>