



Maspeth Older Adult Center. 6961 Grand Avenue. Maspeth NY 11378 (718)429-3636


BREAKFAST MENU July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Whole Wheat Blueberry Muffins Peach 1% Low Fat Milk Ketchup (1 Tbsp)	2 Apple Pie Oatmeal Cinnamon French Toast (pre-prepared) Hard Boiled Egg Grapes 1% Low Fat Milk Pancake Syrup	3 Multigrain Cheerios Whole Wheat Grilled Cheese (1 sandwich) Banana 1% Low Fat Milk Ketchup (1 Tbsp)	4 Closed
7 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)	8 Farina Plain French Toast (pre-prepared) Vegetarian Western Omelette Orange 1% Low Fat Milk Pancake Syrup	9 Bran Flakes Cereal Cheese Frittata Cottage Cheese (1/2 cup) Banana 1% Low Fat Milk Margarine	10 Creamy Apple-Raisin Oatmeal Hard Boiled Egg Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Ketchup (1 Tbsp)	11 Cheerios Egg Whites English Muffin, Whole Wheat Muenster Cheese Slice Canned Sliced Peaches * 1% Low Fat Milk Ketchup (9g packet)
14 Oat Bran Scrambled Eggs Whole Wheat Cinnamon Pancakes Canned Pears * 1% Low Fat Milk	15 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Peach 1% Low Fat Milk Margarine	16 Cheese Omelet (pre prepared) Grits (1 cup) Whole Wheat Mini Bagel Banana 1% Low Fat Milk Pancake Syrup	17 Cheerios Egg Whites Non-fat Plain Greek Yogurt (1/2 cup) Orange 1% Low Fat Milk	18 Coconut Banana Whole Wheat French Toast Cottage Cheese (1/2 cup) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup
21 Creamy Apple-Raisin Oatmeal Egg and Broccoli Scramble Home Fries Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	22 Cottage Cheese (1/2 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)	23 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Orange 1% Low Fat Milk Pancake Syrup	24 Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Canned Pears * 1% Low Fat Milk Margarine	25 Bran Flakes Cereal Cheddar and Potato Bake Banana 1% Low Fat Milk Grape Jelly Margarine
28 Scrambled Eggs Tropical Waffles with Mangoes and Whipped Cream Wheat Flake Cereal Apple 1% Low Fat Milk Pancake Syrup	29 Oatmeal (1 cup) Potato Spinach Frittata Orange 1% Low Fat Milk Pancake Syrup	30 Cinnamon Toast Crunch (Reduced Sugar) Home Fries Scrambled Eggs with Red Peppers and Onions Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	31 Cheerios Cottage Cheese (1/2 cup) Egg and Broccoli Scramble Canned Pears * 1% Low Fat Milk Ketchup (1 Tbsp)	



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LUNCH MENU July 2025 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Chicken Quarters Gravy Whole Wheat Bread Potatoes and Carrots with Butter and Parsley Steamed Cauliflower * Apple 1% Low Fat Milk	2 Smokey Black Bean and Sweet Potato Chili Brown Rice (1/2 cup) Mixed Green Salad * Plums (2) * 1% Low Fat Milk	3 Baked Pork Gravy Corn Bread Prince Edward Blend Vegetables * Sweet Baked Yams Peach 1% Low Fat Milk	4 Center Closed Independence Day 
7 Chicken Chasseur Multigrain Bread Steamed Broccoli and Cauliflower * Sweet Baked Yams Orange 1% Low Fat Milk	8 Tuna-Egg Salad Supreme Whole Wheat Bread Caesar Salad * Beet Salad with Apple 1% Low Fat Milk	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	10 Italian Roasted Pork Tenderloin Whole Wheat Dinner Roll Roasted Zucchini * Sauteed Mushrooms, Peppers, and Onions Plums (2) * 1% Low Fat Milk	11 Baked Salmon with Cilantro Citrus Sauce Yellow Rice Sauteed Spinach * Orange 1% Low Fat Milk
14 Dairy-Free Baked Ziti with Beef Multigrain Bread Broccoli with Toasted Garlic * Roasted Zucchini Apple 1% Low Fat Milk	15 New Orleans Style Sweet Potato Gumbo Whole Wheat Dinner Roll Steamed Cauliflower * Nectarine 1% Low Fat Milk	16 BBQ Pulled Pork Whole Wheat Hamburger Bun Coleslaw (pre-prepared) Steamed Carrots with Raisins * Banana 1% Low Fat Milk	17 Party Day Crispy Chicken with BBQ Sauce Hot Dog & Bun Potato Salad 3 Bean Salad Watermelon Fruit Salad 1% Low Fat Milk	18 Fillet of Fish Whole Wheat Sandwich Cauliflower Rice Steamed Spinach with Soy Sauce * Peach 1% Low Fat Milk
21 Glazed Honey Balsamic Chicken Whole Wheat Dinner Roll Baked Red Potato Wedges Steamed Cauliflower * Orange 1% Low Fat Milk	22 Beef Meatloaf with Mushroom Gravy Multigrain Bread Creamed Spinach * Sweet Baked Yams Apple 1% Low Fat Milk	23 Chili-Lime Wild Rice and Black Bean Salad Whole Wheat Bread Corn and Red Peppers Garden Salad * Grapes 1% Low Fat Milk	24 Chicken Salad Whole Wheat Dinner Roll Four Bean Salad * Russian Tomato Salad * Peach 1% Low Fat Milk	25 Breaded Fish Fillet (pre-prepared) Brown Rice (1/2 cup) Broccoli with Toasted Garlic * Orange 1% Low Fat Milk
28 BBQ Chicken Leg Quarters Whole Wheat Dinner Roll Kale with Tomato * Roasted Potatoes Orange 1% Low Fat Milk	29 Teriyaki Pork Loin Multigrain Bread Oriental Blend Vegetables Sweet Baked Yams Nectarine 1% Low Fat Milk	30 Healthier Tuna Salad Whole Wheat Bread Baked Fries (pre-prepared) Broccoli and Red Pepper Salad * Peach 1% Low Fat Milk	31 Tomato Braised Winter Squash with Chickpeas and Spinach Brown Rice (1/2 cup) Tossed Salad with Dressing * Plums (2) * 1% Low Fat Milk	