




BREAKFAST MENU August 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| | | | | 1 Bran Flakes Cereal Cheddar and Potato Bake Fruit Cocktail 1% Low Fat Milk Ketchup (1 Tbsp) |
| 4 Egg Whites Pancakes (pre-prepared) Raisin Bran Cereal Orange 1% Low Fat Milk Margarine Pancake Syrup | 5 Cheerios Egg Frittata with Potatoes and Peas Canned Sliced Peaches * 1% Low Fat Milk Margarine | 6 Hard Boiled Egg Oatmeal (1 cup) Plain French Toast (pre-prepared) Banana 1% Low Fat Milk Pancake Syrup | 7 Cheese Frittata Toasted Oats Cereal Whole Grain Blueberry Muffin (pre- prepared) Apple 1% Low Fat Milk Margarine | 8 Cheddar and Potato Bake Cottage Cheese (1/2 cup) Mini Croissant (pre-prepared) Canned Pears 1% Low Fat Milk Pancake Syrup |
| 11 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Pancake Syrup | 12 Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Whole Wheat Blueberry Muffins Peach 1% Low Fat Milk Ketchup (1 Tbsp) | 13 Cinnamon French Toast (pre- prepared) Hard Boiled Egg Mini Croissant (pre-prepared) Grapes 1% Low Fat Milk Pancake Syrup | 14 Multigrain Cheerios Whole Wheat Grilled Cheese (1 sandwich) Banana 1% Low Fat Milk Ketchup (1 Tbsp) | 15 Apple Pancakes Hard Boiled Egg Oatmeal (1 cup) Apple 1% Low Fat Milk Pancake Syrup |
| 18 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) | 19 Farina Plain French Toast (pre- prepared) Vegetarian Western Omelette Orange 1% Low Fat Milk Pancake Syrup | 20 Bran Flakes Cereal Cheese Frittata Cottage Cheese (1/2 cup) Banana 1% Low Fat Milk Margarine | 21 Creamy Apple-Raisin Oatmeal Hard Boiled Egg Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Ketchup (1 Tbsp) | 22 Cheerios Egg Whites Mini Croissant (pre-prepared) Muenster Cheese Slice Canned Sliced Peaches * 1% Low Fat Milk Ketchup (9g packet) |
| 25 Oat Bran Scrambled Eggs Whole Wheat Cinnamon Pancakes Canned Pears * 1% Low Fat Milk | 26 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Peach 1% Low Fat Milk Margarine | 27 Cheese Omelet (pre prepared) Grits (1 cup) Whole Wheat Mini Bagel Banana 1% Low Fat Milk Pancake Syrup | 28 Cheerios Egg Whites Non-fat Plain Greek Yogurt (1/2 cup) Orange 1% Low Fat Milk | 29 Coconut Banana Whole Wheat French Toast Cottage Cheese (1/2 cup) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup |



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

LUNCH MENU August 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | | 1 Baked Fish Multigrain Bread Orzo Vegetable Mix (non-starchy)* Apple 1% Low Fat Milk |
| 4 Latin Sweet Potato and Red Bean Chili Confetti Brown Rice Steamed Cauliflower Orange 1% Low Fat Milk | 5 Chicken Parmesan Bowtie Pasta (1/2 cup) Whole Wheat Dinner Roll Italian Cut Green Beans * Apple 1% Low Fat Milk | 6 1% Low Fat Milk Homemade Beef Hamburger Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Sauteed Onions and Peppers * Banana | 7 Oven Fried Chicken Wings Cornbread Loaf (pre-prepared) Broccoli with Toasted Garlic * Roasted Spiced Red Potatoes Peach 1% Low Fat Milk | 8 Breaded Fish Fillet (pre-prepared) Cheese Tortellini (pre-prepared) Sauteed Zucchini * Plums (2) * 1% Low Fat Milk |
| 11 Deluxe Cheeseburger with Onions Baked Fries (pre-prepared) Whole Wheat Hamburger Bun Coleslaw (pre-prepared) Steamed Broccoli * Orange 1% Low Fat Milk | 12 Baked Chicken Quarters Gravy Whole Wheat Bread Potatoes and Carrots with Butter and Parsley Steamed Cauliflower * Apple 1% Low Fat Milk | 13 Smokey Black Bean and Sweet Potato Chili Brown Rice (1/2 cup) Mixed Green Salad * Plums (2) * 1% Low Fat Milk | 14 Pulled Pork Gravy Cornbread Loaf (pre-prepared) Prince Edward Blend Vegetables * Sweet Baked Yams Peach 1% Low Fat Milk | 15 Baked Marinated Fish Half White Half Brown Rice (1 cup) Kale with Tomato * Orange 1% Low Fat Milk |
| 18 Chicken Chasseur Multigrain Bread Steamed Broccoli and Cauliflower * Sweet Baked Yams Orange 1% Low Fat Milk | 19 Tuna-Egg Salad Supreme Whole Wheat Bread Beet Salad * Caesar Salad Apple 1% Low Fat Milk | 20 California Veggie Burger (pre-prepared, 4oz) Cheddar Cheese Slice Whole Wheat Hamburger Bun Lemony Chickpea and Kale Stir-Fry Nectarine 1% Low Fat Milk | 21 PARTY DAY Hawaiian Chicken Legs Dinner Roll Spinach with Garlic & Oil Baked Potato Tropical Fruit Salad Rice Pudding 1% Low Fat Milk | 22 Baked Salmon with Cilantro Citrus Sauce Yellow Rice Sauteed Spinach * Orange 1% Low Fat Milk |
| 25 Dairy-Free Baked Ziti with Beef Multigrain Bread Broccoli with Toasted Garlic * Roasted Zucchini Apple 1% Low Fat Milk | 26 New Orleans Style Sweet Potato Gumbo Whole Wheat Dinner Roll Steamed Cauliflower * Nectarine 1% Low Fat Milk | 27 BBQ Pulled Pork Whole Wheat Hamburger Bun Coleslaw (pre-prepared) Steamed Carrots with Raisins * Banana 1% Low Fat Milk | 28 Chicken with Tangy Tomato Sauce Pasta (1 cup) Whole Wheat Bread Tossed Salad with Dressing * Orange 1% Low Fat Milk | 29 Fillet of Fish Whole Wheat Sandwich Cauliflower Rice Steamed Spinach with Soy Sauce * Peach 1% Low Fat Milk  |