



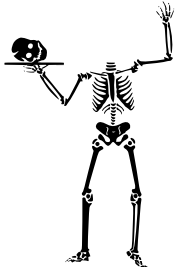
BREAKFAST MENU October 2025 - Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
 Get Your Flu Shot!		1 Banana 1% Low Fat Milk Margarine Bran Flakes Cereal Cheese Frittata Cottage Cheese (1/2 cup)	2 Creamy Apple-Raisin Oatmeal Hard Boiled Egg Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Ketchup (1 Tbsp)	3 Cheerios Egg Whites Mini Croissant (pre-prepared) Muenster Cheese Slice Canned Sliced Peaches * 1% Low Fat Milk Ketchup (9g packet)
6 Oat Bran Scrambled Eggs Whole Wheat Cinnamon Pancakes Canned Pineapple * 1% Low Fat Milk	7 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Canned Sliced Peaches 1% Low Fat Milk Margarine	8 Cheese Omelet (pre prepared) Grits (1 cup) Whole Wheat Mini Bagel Banana 1% Low Fat Milk Pancake Syrup	9 Cheerios Egg Whites Non-fat Plain Greek Yogurt (1/2 cup) Orange 1% Low Fat Milk	10 Coconut Banana Whole Wheat French Toast Cottage Cheese (1/2 cup) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup
13 Creamy Apple-Raisin Oatmeal Egg and Broccoli Scramble Home Fries Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	14 Cottage Cheese (1/2 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)	15 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Orange 1% Low Fat Milk Pancake Syrup	16 PARTY DAY Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Fruit Salad 1% Low Fat Milk Margarine	17 Cheddar and Potato Bake Mini Croissant (pre-prepared) Banana 1% Low Fat Milk Grape Jelly Margarine
20 Scrambled Eggs Tropical Waffles with Mangoes and Whipped Cream Wheat Flake Cereal Apple 1% Low Fat Milk Pancake Syrup	21 Oatmeal (1 cup) Potato Spinach Frittata Orange 1% Low Fat Milk Pancake Syrup	22 Cinnamon Toast Crunch (Reduced Sugar) Home Fries Scrambled Eggs with Red Peppers and Onions Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	23 Cheerios Cottage Cheese (1/2 cup) Egg and Broccoli Scramble Blueberries * 1% Low Fat Milk Ketchup (1 Tbsp)	24 Bran Flakes Cereal Cheddar and Potato Bake Fruit Cocktail 1% Low Fat Milk Ketchup (1 Tbsp)
27 Egg Whites Pancakes (pre-prepared) Raisin Bran Cereal Orange 1% Low Fat Milk Margarine Pancake Syrup	28 Cheerios Egg Frittata with Potatoes and Peas Blueberries * 1% Low Fat Milk Margarine	29 Hard Boiled Egg Oatmeal (1 cup) Plain French Toast (pre-prepared) Banana 1% Low Fat Milk Pancake Syrup	30 Cheese Frittata Toasted Oats Cereal Whole Grain Blueberry Muffin (pre-prepared) Apple 1% Low Fat Milk Margarine	31 Cheddar and Potato Bake Cottage Cheese (1/2 cup) Mini Croissant (pre-prepared) Canned Pears 1% Low Fat Milk Pancake Syrup



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

LUNCH MENU October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Salisbury Steak with Mushroom Sauce Whole Wheat Bread Baby Carrots and Parsley * Homemade Mashed Potatoes Banana 1% Low Fat Milk	2 Italian Roasted Pork Tenderloin Whole Wheat Dinner Roll Roasted Zucchini * Sauteed Mushrooms, Peppers, and Onions Canned Pears * 1% Low Fat Milk	3 Baked Salmon Yellow Rice Sauteed Spinach * Canned Sliced Peaches * 1% Low Fat Milk
6 Italian Roasted Pork Tenderloin Whole Wheat Dinner Roll Baked Potato Italian Blend Vegetables * Apple 1% Low Fat Milk	7 Stuffed Shells (Pre-prepared) Multigrain Bread Broccoli with Toasted Garlic * Roasted Zucchini Canned Pears * 1% Low Fat Milk	8 Oven Fried Chicken Whole Grain Cornbread Loaf (pre-prepared) Baked Sweet Potato Steamed Cauliflower * Banana 1% Low Fat Milk	9 Classic Lentil Soup (pre-prepared) Supreme Whole Wheat Pasta and Bean Bake Whole Wheat Bread Sauteed Spinach * Orange 1% Low Fat Milk	10 Baked Marinated Fish Half White Half Brown Rice (1 cup) Roasted Winter Squash * Fruit Cocktail * 1% Low Fat Milk
13 Beef Meatloaf with Mushroom Gravy Multigrain Bread Creamed Spinach * Garlic Mashed Potatoes * Orange 1% Low Fat Milk	14 Garlicky Tomato Soup with Smashed White Beans Polish Style Stuffed Bell Peppers Whole Wheat Dinner Roll Normandy Blend * Apple 1% Low Fat Milk	15 Glazed Honey Balsamic Chicken Whole Grain Cornbread Loaf (pre-prepared) Baked Red Potato Wedges Steamed Cauliflower * Banana 1% Low Fat Milk	16 PARTY Day Chicken Kiev Whole Wheat Dinner Roll Spinach w Garlic & Oil Scalloped Potato Canned Pineapple Chocolate Pudding* 1% Low Fat Milk	17 Breaded Fish Fillet (pre-prepared) Orzo Whole Wheat Bread Broccoli with Toasted Garlic * Canned Mandarin Oranges * 1% Low Fat Milk
20 Italian Roast Chicken Whole Wheat Dinner Roll Roasted Potatoes Sauteed Spinach and Tomatoes * Orange 1% Low Fat Milk	21 Mushroom Barley Soup Baked Pork Whole Grain Cornbread Loaf (pre-prepared) Oriental Blend Vegetables Sweet Baked Yams Apple 1% Low Fat Milk	22 Beef Meatballs in Tomato Sauce Whole Wheat Bread Italian Blend Vegetables * Spaghetti (1/2 cup) Canned Plums * 1% Low Fat Milk	23 Chipotle Bean and Veggie Chili Brown Rice (1 cup) Kale with Tomato * Canned Sliced Peaches * 1% Low Fat Milk	24 Baked Breaded Fish Fillets Multigrain Bread Roasted Zucchini Steamed Broccoli and Cauliflower * Canned Pineapple * 1% Low Fat Milk
27 Tender Pork Medallions with Rich Onion Sauce Cornbread Loaf (pre-prepared) Broccoli with Toasted Garlic * Smashed Red Potatoes Applesauce * 1% Low Fat Milk	28 1% Low Fat Milk Southwest Sweet Potato Chickpea Delight Confetti Brown Rice Steamed Kale Orange	29 Classic Minestrone Soup Homemade Beef Hamburger Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Lettuce and Tomato Banana 1% Low Fat Milk	30 Baked Mushroom Chicken Whole Wheat Dinner Roll Baby Carrots and Parsley * Baked Potato Apple 1% Low Fat Milk	31 Breaded Fish Fillet (pre-prepared) Cheese Tortellini (pre-prepared) Sauteed Spinach and Tomatoes * Orange 1% Low Fat Milk