





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

## **BREAKFAST MENU December 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Peanut Butter and Jelly Sandwich on Wheat Bread (pre-prepared) Scrambled Eggs Wheat Flake Cereal Apple 1% Low Fat Milk Ketchup (9g packet)</p>	<p>2 Oatmeal (1 cup) Potato Spinach Frittata Whole Grain Blueberry Muffin (pre-prepared) Orange 1% Low Fat Milk Ketchup (9g packet)</p>	<p>3 Dairy Free Texas French Toast (pre-prepared) Home Fries Scrambled Eggs with Red Peppers and Onions Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup</p>	<p>4 Cheerios Cottage Cheese (1/2 cup) Egg and Broccoli Scramble Blueberries * 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>5 Bran Flakes Cereal Cheddar and Potato Bake Pancakes (pre-prepared) Fruit Cocktail 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup</p>
<p>8 Cheddar and Potato Bake Cottage Cheese (1/2 cup) Raisin Bran Cereal Orange 1% Low Fat Milk Margarine Ketchup (9g packet)</p>	<p>9 Cheerios Egg Frittata with Potatoes and Peas Whole Grain Corn Muffins Blueberries * 1% Low Fat Milk Ketchup (9g packet) Margarine</p>	<p>10 1% Low Fat Milk Pancake Syrup Dairy Free Texas French Toast (pre-prepared) Hard Boiled Egg Wheatena Banana</p>	<p>11 Cheese Frittata Toasted Oats Cereal Whole Grain Apple Cinnamon Muffin (pre-prepared) Apple 1% Low Fat Milk Margarine</p>	<p>12 Egg Whites Oatmeal (1 cup) Pancakes (pre-prepared) Canned Pears * 1% Low Fat Milk Pancake Syrup</p>
<p>15 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Pancake Syrup</p>	<p>16 Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Whole Grain Corn Muffins Blueberries * 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>17 Dairy Free Texas French Toast (pre-prepared) Grits (1 cup) Hard Boiled Egg Banana 1% Low Fat Milk Pancake Syrup</p>	<p>18 PARTY DAY Egg and Broccoli Scramble Mini Croissant (pre-prepared) Multigrain Cheerios Canned Pears * 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>19 Apple Pancakes Hard Boiled Egg Oatmeal (1 cup) Apple 1% Low Fat Milk Pancake Syrup</p>
<p>22 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)</p>	<p>23 Farina Plain French Toast (pre-prepared) Vegetarian Western Omelette Orange 1% Low Fat Milk</p>	<p>24 Bran Flakes Cereal Cheese Frittata Peanut Butter and Jelly Sandwich on Wheat Bread (pre-prepared) Banana 1% Low Fat Milk Ketchup (9g packet)</p>	<p>25 <b>Closed</b> <b>Christmas Day</b></p>	<p>26 <b>Closed</b></p>
<p>29 Oat Bran Scrambled Eggs Whole Wheat Cinnamon Pancakes Canned Pineapple * 1% Low Fat Milk Ketchup (9g packet) Pancake Syrup</p>	<p>30 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>31 Cheese Omelet (pre prepared) Grits (1 cup) Non-Fat Blueberry Greek Yogurt (5.3oz) Banana 1% Low Fat Milk Margarine</p>		

## LUNCH MENU December 2025 -

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Italian Roast Chicken Whole Wheat Dinner Roll Roasted Potatoes Sauteed Spinach and Tomatoes * Orange 1% Low Fat Milk</p>	<p>2 Mushroom Barley Soup Baked Pork Whole Grain Cornbread Loaf (pre-prepared) Oriental Blend Vegetables Sweet Baked Yams Apple 1% Low Fat Milk</p>	<p>3 Beef Meatballs in Tomato Sauce Whole Wheat Bread Italian Blend Vegetables * Spaghetti (1/2 cup) Canned Plums * 1% Low Fat Milk</p>	<p>4 Chipotle Bean and Veggie Chili Brown Rice (1 cup) Kale with Tomato * Canned Sliced Peaches * 1% Low Fat Milk</p>	<p>5 Baked Breaded Fish Fillets Multigrain Bread Roasted Zucchini Steamed Broccoli and Cauliflower * Canned Pineapple * 1% Low Fat Milk</p>
<p>8 1% Low Fat Milk Tender Pork Medallions with Rich Onion Sauce Cornbread Loaf (pre-prepared) Broccoli with Toasted Garlic * Smashed Red Potatoes Applesauce *</p>	<p>9 Southwest Sweet Potato Chickpea Delight Confetti Brown Rice Steamed Kale Orange 1% Low Fat Milk</p>	<p>10 Classic Minestrone Soup Homemade Beef Hamburger Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Lettuce and Tomato Banana 1% Low Fat Milk</p>	<p>11 Baked Mushroom Chicken Whole Wheat Dinner Roll Baby Carrots and Parsley * Baked Potato Apple 1% Low Fat Milk</p>	<p>12 Breaded Fish Fillet (pre-prepared) Cheese Tortellini (pre-prepared) Sauteed Spinach and Tomatoes * Orange 1% Low Fat Milk</p>
<p>15 Happy Hanukkah Baked Chicken Quarters Gravy Whole Wheat Bread Creamed Spinach * O'Brien Potatoes Canned Apricots * 1% Low Fat Milk</p>	<p>16 Smokey Black Bean and Sweet Potato Chili Brown Rice (1/2 cup) California Blend Vegetables * Banana 1% Low Fat Milk</p>	<p>17 Baked Pork Gravy Whole Grain Cornbread Loaf (pre-prepared) Prince Edward Blend Vegetables * Sweet Baked Yams Applesauce * 1% Low Fat Milk</p>	<p>18 <b>PARTY DAY</b> Beef Roast with Mushroom Gravy Dinner roll Peas &amp; Carrots Potatoes au Gratin Fruit Salad Jello 1% Low fat Milk</p>	<p>19 Baked Marinated Fish Cheese Tortellini (pre-prepared) Multigrain Bread Roasted Zucchini * Orange 1% Low Fat Milk</p>
<p>22 Gravy Roasted Chicken Legs Multigrain Bread Steamed Broccoli and Cauliflower * Sweet Baked Yams Orange 1% Low Fat Milk</p>	<p>23 Classic Lentil Soup (pre-prepared) California Veggie Burger (pre-prepared, 4oz) Cheddar Cheese Slice Whole Wheat Hamburger Bun Lemony Kale and Potatoes Apple 1% Low Fat Milk</p>	<p>24 Beef Salisbury Steak with Mushroom Sauce Whole Wheat Bread Baby Carrots and Parsley * Homemade Mashed Potatoes Banana 1% Low Fat Milk</p>	<p>25 <b>Closed Christmas Day</b></p> 	<p>26 <b>Closed</b> Kwanzaa Begins</p> <p><b><i>Harambee! (Swahili Kwanzaa Greeting) --All pull together!</i></b></p>
<p>29 Italian Roasted Pork Tenderloin Whole Wheat Dinner Roll Baked Potato Italian Blend Vegetables * Apple 1% Low Fat Milk</p>	<p>30 Stuffed Shells (Pre-prepared) Multigrain Bread Broccoli with Toasted Garlic * Roasted Zucchini Canned Pears * 1% Low Fat Milk</p>	<p>31 Oven Fried Chicken Whole Grain Cornbread Loaf (pre-prepared) Baked Sweet Potato Steamed Cauliflower * Banana 1% Low Fat Milk</p>		