



Selfhelp Maspeth 6961 Grand Avenue

Maspeth NY 11378

(718) 429-3636

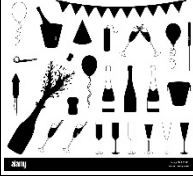

January 2026 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 New Year's Day Center Closed	2 Coconut Banana Whole Wheat French Toast Cottage Cheese (1/2 cup) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup
5 Creamy Apple-Raisin Oatmeal Egg and Broccoli Scramble Home Fries Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	6 Cottage Cheese (1/2 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)	7 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Banana 1% Low Fat Milk Pancake Syrup	8 Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Fruit Salad 1% Low Fat Milk Margarine	9 Cheddar and Potato Bake Farina Non-Fat Peach Greek Yogurt (5.3oz) Orange 1% Low Fat Milk Margarine
12 Peanut Butter and Jelly Sandwich on Wheat Bread (pre-prepared) Scrambled Eggs Wheat Flake Cereal Apple 1% Low Fat Milk Ketchup (9g packet)	13 Oatmeal (1 cup) Potato Spinach Frittata Whole Grain Blueberry Muffin (pre-prepared) Orange 1% Low Fat Milk Ketchup (9g packet)	14 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	15 Cheerios Cottage Cheese (1/2 cup) Egg and Broccoli Scramble Blueberries * 1% Low Fat Milk Ketchup (1 Tbsp)	16 Bran Flakes Cereal Cheddar and Potato Bake Pancakes (pre-prepared) Fruit Cocktail 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup
19 MLK Day Center Closed	20 Cheerios Egg Frittata with Potatoes and Peas Whole Grain Corn Muffins Blueberries * 1% Low Fat Milk Ketchup (9g packet) Margarine	21 Dairy Free Texas French Toast (pre-prepared) Hard Boiled Egg Wheatena Banana 1% Low Fat Milk Pancake Syrup	22 Cheese Frittata Toasted Oats Cereal Whole Grain Apple Cinnamon Muffin (pre-prepared) Apple 1% Low Fat Milk Margarine	23 Egg Whites Oatmeal (1 cup) Pancakes (pre-prepared) Canned Pears * 1% Low Fat Milk Pancake Syrup
26 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Pancake Syrup	27 Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Whole Grain Corn Muffins Blueberries * 1% Low Fat Milk Ketchup (1 Tbsp)	28 Dairy Free Texas French Toast (pre-prepared) Grits (1 cup) Hard Boiled Egg Banana 1% Low Fat Milk Pancake Syrup	29 Egg and Broccoli Scramble Mini Croissant (pre-prepared) Multigrain Cheerios Canned Pears * 1% Low Fat Milk Ketchup (1 Tbsp)	30 Apple Pancakes Hard Boiled Egg Oatmeal (1 cup) Apple 1% Low Fat Milk



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January 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Closed New Years Day 	2 Baked Marinated Fish Brown Rice Roasted Winter Squash* Fruit Cocktail * 1% Low Fat Milk
5 Meat Loaf Multigrain Bread Baked Red Potato Wedges Creamed Spinach * Orange 1% Low Fat Milk	6 Roasted Tomato Soup Velvety Meatless Shepherd's Pie Whole Wheat Dinner Roll Normandy Blend * Apple 1% Low Fat Milk	7 Glazed Honey Balsamic Chicken Corn Bread Steamed Cauliflower * Glazed Butternut Squash * Banana 1% Low Fat Milk	8 Teriyaki Pork Loin Whole Wheat Dinner Roll Oriental Blend Vegetables Sweet Baked Yams Canned Pineapple * 1% Low Fat Milk	9 Breaded Fish Fillet (pre-prepared) Orzo Whole Wheat Bread Broccoli with Toasted Garlic * Canned Mandarin Oranges * 1% Low Fat Milk
12 Breaded Meatless Patty (pre-prepared) Cornbread Loaf (pre-prepared) Broccoli with Toasted Garlic * Smashed Red Potatoes Applesauce * 1% Low Fat Milk	13 Mushroom Barley Soup Baked Pork Whole Grain Cornbread Loaf (pre-prepared) Oriental Blend Vegetables Sweet Baked Yams Apple 1% Low Fat Milk	14 Beef Meatballs in Tomato Sauce Whole Wheat Bread Italian Blend Vegetables * Spaghetti (1/2 cup) Pear 1% Low Fat Milk	15 PARTY DAY Chicken Kiev Baby Carrots and Parsley * Baked Potato * Banana * Rice Pudding 1% Low Fat Milk	16 Baked Breaded Fish Fillets Brown Rice (1 cup) Roasted Zucchini Canned Pineapple * 1% Low Fat Milk
19 Closed MLK Day 	20 1% Low Fat Milk Southwest Sweet Potato Chickpea Delight Confetti Brown Rice Steamed Kale Orange	21 Cheesy Baked Spaghetti Whole Wheat Dinner Roll Italian Cut Green Beans * Tossed Salad with Dressing * Banana 1% Low Fat Milk	22 Baked Mushroom Chicken Whole Wheat Dinner Roll Baby Carrots and Parsley * Baked Potato Apple 1% Low Fat Milk	23 Breaded Fish Fillet (pre-prepared) Cheese Tortellini (pre-prepared) Sautéed Spinach and Tomatoes * Orange 1% Low Fat Milk
26 Deluxe Cheeseburger with Onions Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Steamed Broccoli * Orange 1% Low Fat Milk	27 Baked Chicken Quarters Gravy Whole Wheat Bread Creamed Spinach * O'Brien Potatoes Canned Apricots * 1% Low Fat Milk	28 Smokey Black Bean and Sweet Potato Chili Brown Rice (1/2 cup) California Blend Vegetables * Banana 1% Low Fat Milk	29 Baked Pork Gravy Whole Grain Cornbread Loaf (pre-prepared) Prince Edward Blend Vegetables * Sweet Baked Yams Applesauce * 1% Low Fat Milk	30 Baked Marinated Fish Cheese Tortellini (pre-prepared) Multigrain Bread Roasted Zucchini * Orange 1% Low Fat Milk 