



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

BREAKFAST MENU March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Cheddar and Potato Bake Cottage Cheese (1/2 cup) Raisin Bran Cereal Orange 1% Low Fat Milk Margarine Ketchup (9g packet)</p>	<p>3 Cheerios Egg Frittata with Potatoes and Peas Whole Grain Corn Muffins Blueberries (1 svg) 1% Low Fat Milk Ketchup (9g packet) Margarine</p>	<p>4 1% Low Fat Milk Pancake Syrup Dairy Free Texas French Toast (pre-prepared) Hard Boiled Egg Wheatena Banana</p>	<p>5 Cheese Frittata Toasted Oats Cereal Whole Grain Apple Cinnamon Muffin (pre-prepared) Apple 1% Low Fat Milk Margarine</p>	<p>6 Egg Whites Oatmeal (1 cup) Pancakes (pre-prepared) Canned Pears (1 svg) 1% Low Fat Milk Pancake Syrup</p>
<p>9 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Pancake Syrup</p>	<p>10 Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Whole Grain Corn Muffins Blueberries (1 svg) 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>11 Dairy Free Texas French Toast (pre-prepared) Grits (1 cup) Hard Boiled Egg Banana 1% Low Fat Milk Pancake Syrup</p>	<p>12 Egg and Broccoli Scramble Mini Croissant (pre-prepared) Multigrain Cheerios Canned Pears (1 svg) 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>13 Apple Pancakes Hard Boiled Egg Oatmeal (1 cup) Apple 1% Low Fat Milk Pancake Syrup</p>
<p>16 Egg and Broccoli Scramble Instant Maple Flavored Oatmeal (1/2 cup) Whole Grain Apple Cinnamon Muffin (pre-prepared) Canned Pears (1 svg) 1% Low Fat Milk Ketchup (9g packet)</p>	<p>17 Farina Plain French Toast (pre-prepared) Vegetarian Western Omelette Orange 1% Low Fat Milk</p>	<p>18 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>19 Cottage Cheese (1/2 cup) Creamy Apple-Raisin Oatmeal Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Margarine Pancake Syrup</p>	<p>20 Cheerios Egg Whites Mini Croissant (pre-prepared) Canned Sliced Peaches (1 svg) 1% Low Fat Milk Ketchup (9g packet)</p>
<p>23 Oat Bran Scrambled Eggs Whole Wheat Cinnamon Pancakes Canned Pineapple (1 svg) 1% Low Fat Milk Ketchup (9g packet) Pancake Syrup</p>	<p>24 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Canned Sliced Peaches (1/2 svg) 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>25 Cheese Omelet (pre prepared) Grits (1 cup) Non-Fat Blueberry Greek Yogurt (5.3oz) Banana 1% Low Fat Milk Margarine</p>	<p>26 Cheerios Egg Whites Peanut Butter and Jelly Sandwich on Wheat Bread (pre-prepared) Orange 1% Low Fat Milk Ketchup (9g packet)</p>	<p>27 Coconut Banana Whole Wheat French Toast Cottage Cheese (1/2 cup) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup</p>
<p>30 Creamy Apple-Raisin Oatmeal Egg and Broccoli Scramble Home Fries Canned Sliced Peaches (1/2 svg) 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>31 Cottage Cheese (1/2 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)</p>			



LUNCH MENU March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Applesauce (1 svg) 1% Low Fat Milk Classic Lentil Soup (pre-prepared) Breaded Meatless Patty (pre-prepared) Cornbread Loaf (pre-prepared) Broccoli with Toasted Garlic (1 svg) Smashed Red Potatoes</p>	<p>3 Southwest Sweet Potato Chickpea Delight Confetti Brown Rice Steamed Kale (1/2 svg) Orange 1% Low Fat Milk</p>	<p>4 Cheesy Baked Spaghetti Whole Wheat Dinner Roll Italian Cut Green Beans (1 svg) Tossed Salad with Dressing (1 svg) Banana 1% Low Fat Milk</p>	<p>5 Baked Mushroom Chicken Whole Wheat Dinner Roll Baby Carrots and Parsley (1 svg) Baked Potato Apple 1% Low Fat Milk</p>	<p>6 Breaded Fish Fillet (pre-prepared) Cheese Tortellini (pre-prepared) Sauteed Spinach and Tomatoes (1 svg) Orange 1% Low Fat Milk</p>
<p>9 Baked Chicken Quarters Gravy Whole Wheat Bread Baked Red Potato Wedges Steamed Cauliflower (1 svg) Orange 1% Low Fat Milk</p>	<p>10 Smokey Black Bean and Sweet Potato Chili Brown Rice (1/2 cup) California Blend Vegetables Canned Apricots (1 svg) 1% Low Fat Milk</p>	<p>11 Split Pea and Kale Soup (pre-prepared) Breaded Meatless Patty (pre-prepared) Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Banana 1% Low Fat Milk</p>	<p>12 Baked Pork Gravy Whole Grain Cornbread Loaf (pre-prepared) Prince Edward Blend Vegetables (1 svg) Sweet Baked Yams Applesauce (1 svg) 1% Low Fat Milk</p>	<p>13 Baked Marinated Fish Cheese Tortellini (pre-prepared) Multigrain Bread Roasted Zucchini (1 svg) Orange 1% Low Fat Milk</p>
<p>16 Gravy Roasted Chicken Legs Multigrain Bread Baby Carrots and Parsley (1 svg) Homemade Mashed Potatoes Orange 1% Low Fat Milk</p>	<p>17 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>18 Baked Pork Whole Wheat Bread Steamed Broccoli and Cauliflower (1 svg) Sweet Baked Yams Banana 1% Low Fat Milk</p>	<p>19 PARTY DAY Corned Beef & Cabbage Potato  Irish Soda Bread Fruit Cocktail Jello 1% Low Fat Milk</p>	<p>20 Baked Salmon Yellow Rice Sauteed Spinach (1 svg) Canned Sliced Peaches (1 svg) 1% Low Fat Milk</p>
<p>23 Italian Roasted Pork Tenderloin Whole Wheat Dinner Roll Broccoli with Toasted Garlic (1 svg) Cauliflower Rice Apple 1% Low Fat Milk</p>	<p>24 Beef Meatloaf with Mushroom Gravy Multigrain Bread Creamed Spinach (1 svg) Garlic Mashed Potatoes (1/2 svg) Canned Pears (1 svg) 1% Low Fat Milk</p>	<p>25 Oven Fried Chicken Whole Grain Cornbread Loaf (pre-prepared) Baked Sweet Potato Vegetable Mix (non-starchy) (1 svg) Banana 1% Low Fat Milk</p>	<p>26 Classic Lentil Soup (pre-prepared) Tomato Braised Winter Squash with Chickpeas and Spinach Lemon Rice Mixed Green Salad with Dressing (1 svg) Orange 1% Low Fat Milk</p>	<p>27 Baked Flounder Kaiser Roll Orzo Roasted Zucchini (1 svg) Fruit Cocktail (1 svg) 1% Low Fat Milk</p>
<p>30 BBQ Chicken Leg Quarters Whole Grain Cornbread Loaf (pre-prepared) Baked Red Potato Wedges Creamed Spinach (1 svg) Orange 1% Low Fat Milk</p>	<p>31 Velvety Meatless Shepherd's Pie Whole Wheat Dinner Roll Normandy Blend (1 svg) Apple 1% Low Fat Milk</p>			

