



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


## BREAKFAST MENU April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bran Flakes Cereal Cinnamon Whole Wheat French Toast Hard Boiled Egg Honeydew 1% Low Fat Milk Pancake Syrup Reduced Fat Cream Cheese (1oz)	2 Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Fruit Salad 1% Low Fat Milk Margarine	3
6 Baked Egg Omelette Wheat Flake Cereal Whole Grain Banana Muffin (pre-prepared) Apple 1% Low Fat Milk Ketchup (9g packet)	7 Oatmeal (1 cup) Potato Spinach Frittata Honeydew 1% Low Fat Milk Ketchup (9g packet)	8 Bran Flakes Cereal Dairy Free Texas French Toast (pre-prepared) Hard Boiled Egg Strawberry Applesauce 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup	9 Cottage Cheese (1/2 cup) Egg and Broccoli Scramble English Muffin, Whole Wheat Cantaloupe 1% Low Fat Milk Ketchup (1 Tbsp)	10 Cocoa Puffs (Reduced Sugar) Cereal (pre-prepared) Pancakes (pre-prepared) Scrambled Eggs with Swiss Orange 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup
13 Cottage Cheese (1/2 cup) Raisin Bran Cereal Scrambled Eggs Orange 1% Low Fat Milk Margarine Ketchup (9g packet)	14 Cheerios Egg Frittata with Potatoes and Peas Whole Grain Corn Muffins Canned Sliced Peaches (1 svg) 1% Low Fat Milk Ketchup (9g packet) Margarine	15 1% Low Fat Milk Pancake Syrup Dairy Free Texas French Toast (pre-prepared) Hard Boiled Egg Wheatena Canned Pineapple (1 svg)	16 Cheese Frittata Toasted Oats Cereal Whole Grain Banana Muffin (pre-prepared) Apple 1% Low Fat Milk Margarine	17 Egg Whites Oatmeal (1 cup) Pancakes (pre-prepared) Canned Pears (1 svg) 1% Low Fat Milk Pancake Syrup
20 Egg Whites Oatmeal (1 cup) Whole Grain Waffle (pre-prepared) Orange 1% Low Fat Milk Pancake Syrup	21 Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Whole Grain Corn Muffins Honeydew 1% Low Fat Milk Ketchup (1 Tbsp)	22 Cocoa Puffs (Reduced Sugar) Cereal (pre-prepared) Dairy Free Texas French Toast (pre-prepared) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup	23 Egg and Broccoli Scramble Multigrain Cheerios Whole Wheat Bagel Canned Pears (1 svg) 1% Low Fat Milk Ketchup (1 Tbsp) Reduced Fat Cream Cheese (1oz)	24 Apple Pancakes Hard Boiled Egg Raisin Bran Cereal Banana 1% Low Fat Milk Pancake Syrup
27 Egg and Broccoli Scramble Instant Maple Flavored Oatmeal (1/2 cup) Whole Grain Apple Muffin (pre-prepared) Canned Pears (1 svg) 1% Low Fat Milk Ketchup (9g packet)	28 Farina Vegetarian Western Omelette Whole Wheat Bagel Orange 1% Low Fat Milk Reduced Fat Cream Cheese (1oz)	29 Cheese Frittata Toasted Oats Cereal Canned Sliced Peaches (1 svg) 1% Low Fat Milk Ketchup (9g packet)	30 Cottage Cheese (1/2 cup) Hard Boiled Egg Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Margarine Pancake Syrup	





## LUNCH MENU April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Split Pea and Kale Soup Teriyaki Pork Loin Whole Wheat Dinner Roll Steamed Cauliflower (1 svg) Sweet Baked Yams Canned Pineapple (1 svg) 1% Low Fat Milk	2 Breaded Fish Fillet (pre-prepared) Orzo Whole Wheat Bread Broccoli with Toasted Garlic (1 svg) Canned Mandarin Oranges (1 svg) 1% Low Fat Milk	<b>3 Good Friday</b>  <b>Center Closed</b>
6 Italian Roast Chicken Whole Wheat Dinner Roll Roasted Potatoes Sauteed Spinach and Tomatoes (1 svg) Orange 1% Low Fat Milk	7 Mushroom Barley Soup Baked Pork Whole Grain Cornbread Loaf (pre-prepared) Oriental Blend Vegetables (1 svg) Sweet Baked Yams Apple 1% Low Fat Milk	8 Beef Meatballs in Tomato Sauce Whole Wheat Bread Italian Blend Vegetables (1 svg) Spaghetti (1/2 cup) Pear 1% Low Fat Milk	9 Baked Breaded Fish Fillets Brown Rice (1 cup) Roasted Zucchini (1/2 svg) Canned Pineapple (1 svg) 1% Low Fat Milk	10 Fluffy Tofu Broccoli Souffle Multigrain Bread Baby Carrots and Parsley (1 svg) Garden Salad (no dressing) (1 svg) Canned Sliced Peaches (1 svg) 1% Low Fat Milk
13 Applesauce (1 svg) 1% Low Fat Milk Classic Lentil Soup Breaded Meatless Patty (pre-prepared) Cornbread Loaf (pre-prepared) Broccoli with Toasted Garlic Smashed Red Potatoes	14 Southwest Sweet Potato Chickpea Delight Confetti Brown Rice Steamed Kale (1/2 svg) Orange 1% Low Fat Milk	15 Cheesy Baked Spaghetti Whole Wheat Dinner Roll Italian Cut Green Beans (1 svg) Tossed Salad with Dressing (1 svg) Banana 1% Low Fat Milk	<b>16 Party Day</b> Chicken Tenders & Breaded Chicken Leg Dinner Roll Creamed Spinach Baked Potato Rice Pudding Fruit 1% Low Fat Milk	17 Breaded Fish Fillet (pre-prepared) Cheese Tortellini (pre-prepared) Sauteed Spinach and Tomatoes (1 svg) Orange 1% Low Fat Milk
20 Baked Chicken Quarters Gravy Whole Wheat Bread Baked Red Potato Wedges Steamed Cauliflower (1 svg) Orange 1% Low Fat Milk	21 Smokey Black Bean and Sweet Potato Chili Brown Rice (1/2 cup) California Blend Vegetables (1 svg) Canned Apricots (1 svg) 1% Low Fat Milk	22 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	23 Baked Pork Gravy Whole Grain Cornbread Loaf (pre-prepared) Prince Edward Blend Vegetables Sweet Baked Yams Applesauce (1 svg) 1% Low Fat Milk	24 Baked Marinated Fish Cheese Tortellini (pre-prepared) Multigrain Bread Roasted Zucchini (1 svg) Orange 1% Low Fat Milk
27 Gravy Roasted Chicken Legs Multigrain Bread Baby Carrots and Parsley (1 svg) Homemade Mashed Potatoes Orange 1% Low Fat Milk	28 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	29 Baked Pork Whole Wheat Bread Steamed Broccoli and Cauliflower (1 svg) Sweet Baked Yams Banana 1% Low Fat Milk	30 Deluxe Cheeseburger with Onions Whole Wheat Hamburger Bun French Fries (pre-prepared) Lettuce and Tomato (1 svg) Roasted Zucchini (1 svg) Canned Pears (1 svg) 1% Low Fat Milk	