






Selfhelp Maspeth OlderAdult Center 6961 Grand Avenue, Maspeth NY 11378

**BREAKFAST MENU June 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Baked Egg Omelette Raisin Bread Wheat Flake Cereal Apple 1% Low Fat Milk Ketchup (9g packet) Peanut Butter (0.75oz)</p>	<p>2 Oatmeal (1 cup) Potato Spinach Frittata Honeydew 1% Low Fat Milk Ketchup (9g packet)</p>	<p>Bran Flakes Cereal Dairy Free Texas French Toast (pre-prepared) Hard Boiled Egg Strawberry Applesauce 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup</p>	<p>Baked Banana Walnut Oatmeal Cottage Cheese (1/2 cup) Egg and Broccoli Scramble Orange 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>Cocoa Puffs (Reduced Sugar) Cereal (pre-prepared) Pancakes (pre-prepared) Scrambled Eggs with Swiss Banana 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup</p>
<p>8 Cottage Cheese (1/2 cup) Raisin Bran Cereal Scrambled Eggs Orange 1% Low Fat Milk Margarine Ketchup (9g packet)</p>	<p>9 Cheerios Egg Frittata with Potatoes and Peas Raisin Bread Canned Sliced Peaches (1 svg) 1% Low Fat Milk Ketchup (9g packet) Margarine</p>	<p>10 Dairy Free Texas French Toast (pre-prepared) Hard Boiled Egg Wheatena Canned Pineapple (1 svg) 1% Low Fat Milk Pancake Syrup</p>	<p>11 Cheese Frittata Raisin Bread Toasted Oats Cereal Apple 1% Low Fat Milk Margarine</p>	<p>12 Egg Whites Oatmeal (1 cup) Pancakes (pre-prepared) Canned Pears (1 svg) 1% Low Fat Milk Pancake Syrup</p>
<p>15 Egg Whites Oatmeal (1 cup) Whole Grain Waffle (pre-prepared) Orange 1% Low Fat Milk Pancake Syrup</p>	<p>16 Vegetable Egg Frittata Whole Grain Corn Muffins Honeydew 1% Low Fat Milk Ketchup (1 Tbsp)</p>	<p>17 Cocoa Puffs (Reduced Sugar) Cereal (pre-prepared) Dairy Free Texas French Toast (pre-prepared) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup</p>	<p>18 Egg and Broccoli Scramble Whole Wheat Bagel Canned Pears (1 svg) 1% Low Fat Milk Ketchup (1 Tbsp) Reduced Fat Cream Cheese (1 oz)</p>	<p>19 Juneteenth  Center Closed</p>
<p>22  Egg and Broccoli Scramble Raisin Bread Canned Pears (1 svg) 1% Low Fat Milk Ketchup (9g packet)</p>	<p>23 Farina Vegetarian Western Omelette Whole Wheat Bagel Orange 1% Low Fat Milk Reduced Fat Cream Cheese (1 oz)</p>	<p>24 Apple Pie Oatmeal Cheese Frittata Banana 1% Low Fat Milk Ketchup (9g packet)</p>	<p>25 Cottage Cheese (1/2 cup) Hard Boiled Egg Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Margarine Pancake Syrup</p>	<p>26 Cheerios Egg Whites Non-Fat Peach Greek Yogurt (5.3oz) Banana 1% Low Fat Milk Ketchup (9g packet)</p>
<p>29 Baked Egg Omelette Raisin Bread Wheat Flake Cereal Apple 1% Low Fat Milk Ketchup (9g packet) Peanut Butter (0.75oz)</p>	<p>30 Oatmeal (1 cup) Potato Spinach Frittata Honeydew 1% Low Fat Milk Ketchup (9g packet)</p>			<p><b>NYC</b> Department for the Aging</p>

**Selfhelp Maspeth Older Adult Center, 6961 Grand Avenue, Maspeth NY 11385**

**LUNCH MENU June 2026**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>1 Baked Chicken Quarters Gravy Whole Wheat Bread Baked Red Potato Wedges Steamed Cauliflower (1 svg) Orange 1% Low Fat Milk</p>	<p>2 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</p>	<p>3 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>4 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>5 Baked Marinated Fish Cheese Tortellini (pre-prepared) Multigrain Bread Roasted Zucchini (1 svg) Orange 1% Low Fat Milk</p>
<p>8 Gravy Roasted Chicken Legs Multigrain Bread Baby Carrots and Parsley (1 svg) Homemade Mashed Potatoes Orange 1% Low Fat Milk</p>	<p>9 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>10 Baked Pork Whole Wheat Bread Steamed Broccoli and Cauliflower (1 svg) Sweet Baked Yams Banana 1% Low Fat Milk</p>	<p>11 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</p>	<p>12 Baked Salmon Yellow Rice Sauteed Spinach (1 svg) Canned Sliced Peaches (1 svg) 1% Low Fat Milk</p>
<p>15 Italian Roasted Pork Tenderloin Whole Wheat Dinner Roll Broccoli with Toasted Garlic (1 svg) Cauliflower Rice Apple 1% Low Fat Milk</p>	<p>16 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>17 <b>PARTY DAY</b> Chicken Kiev Whole Grain Cornbread Loaf (pre-Red Potato Spinach with Garlic &amp; Olive Oil Tapioca Pudding 1% Low Fat Milk</p>	<p>18 Classic Lentil Soup (pre-prepared) Black Bean Burger (pre-prepared) Lemon Rice Mixed Green Salad with Dressing (1 svg) Orange 1% Low Fat Milk</p>	<p>19 <b>Juneteenth Center Closed</b> </p>
<p>22 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>23 Velvety Meatless Shepherd's Pie Whole Wheat Dinner Roll Normandy Blend (1 svg) Apple 1% Low Fat Milk</p>	<p>24 Baked Ziti with Beef Meatballs Whole Wheat Dinner Roll Italian Cut Green Beans (1 svg) Tossed Salad with Dressing (1 svg) Banana 1% Low Fat Milk</p>	<p>25 Split Pea and Kale Soup (pre-prepared) Teriyaki Pork Loin Whole Wheat Dinner Roll Steamed Cauliflower (1 svg) Sweet Baked Yams Canned Pineapple (1 svg) 1% Low Fat Milk</p>	<p>26 Breaded Fish Fillet (pre-prepared) Orzo Whole Wheat Bread Broccoli with Toasted Garlic (1 svg) Canned Mandarin Oranges (1 svg) 1% Low Fat Milk</p>
<p>29 Deluxe Cheeseburger with Onions Gravy Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Lettuce and Tomato (1 svg) Orange 1% Low Fat Milk</p>	<p>30 Cozy Lentil and Veggie Soup Whole Wheat Bread Broccoli with Toasted Garlic (1 svg) Honeydew 1% Low Fat Milk Whole Wheat Grilled Cheese (1 sandwich)</p>		<p> June 21, 2026</p>	<p></p>

