



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



BREAKFAST MENU August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Egg and Broccoli Scramble English Muffin, Whole Wheat Home Fries Canned Sliced Peaches (1/2 svg) 1% Low Fat Milk Ketchup (1 Tbsp) Margarine	4 Grits (1 cup) Spinach and Mozzarella Frittata Apple 1% Low Fat Milk Ketchup (1 Tbsp)	5 Bran Flakes Cereal Cinnamon Whole Wheat French Toast Hard Boiled Egg Honeydew 1% Low Fat Milk Pancake Syrup	6 Apple Pie Oatmeal Raisin Bread Scrambled Eggs Fruit Salad 1% Low Fat Milk Margarine Reduced Fat Cream Cheese (1 oz)	7 1% Low Fat Milk Margarine Cheddar and Potato Bake Farina Non-Fat Peach Greek Yogurt (5.3oz) Orange
10 Baked Egg Omelette Raisin Bread Wheat Flake Cereal Apple 1% Low Fat Milk Ketchup (9g packet) Peanut Butter (0.75oz)	11 Oatmeal (1 cup) Potato Spinach Frittata Honeydew 1% Low Fat Milk Ketchup (9g packet)	12 Dairy Free Texas French Toast (pre-prepared) Grits (1 cup) Hard Boiled Egg Yogurt Parfait with Peaches 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup	13 Cottage Cheese (1/2 cup) Egg and Broccoli Scramble Whole Grain Waffle (pre-prepared) Orange 1% Low Fat Milk Ketchup (1 Tbsp)	14 Apple Cinnamon Cheerios Pancakes (pre-prepared) Scrambled Eggs with Swiss Banana 1% Low Fat Milk Ketchup (1 Tbsp) Pancake Syrup
17 Cottage Cheese (1/2 cup) Raisin Bran Cereal Scrambled Eggs Orange 1% Low Fat Milk Margarine Ketchup (9g packet)	18 Cheerios Egg Frittata with Potatoes and Peas Raisin Bread Canned Sliced Peaches (1 svg) 1% Low Fat Milk Ketchup (9g packet) Margarine Reduced Fat Cream Cheese (1 oz)	19 Dairy Free Texas French Toast (pre-prepared) Grits (1 cup) Hard Boiled Egg Canned Pineapple (1 svg) 1% Low Fat Milk Pancake Syrup	20 Cheese Frittata Non-Fat Blueberry Greek Yogurt (5.3oz) Whole Wheat Bagel Apple 1% Low Fat Milk Margarine	21 Egg Whites Oatmeal (1 cup) Pancakes (pre-prepared) Canned Pears (1 svg) 1% Low Fat Milk Pancake Syrup
24 Egg Whites Oatmeal (1 cup) Whole Grain Waffle (pre-prepared) Orange 1% Low Fat Milk Pancake Syrup	25 Raisin Bread Vegetable Egg Frittata Honeydew 1% Low Fat Milk Ketchup (1 Tbsp) Reduced Fat Cream Cheese (1 oz)	26 Cocoa Puffs (Reduced Sugar) Cereal (pre-prepared) Dairy Free Texas French Toast (pre-prepared) Hard Boiled Egg Apple 1% Low Fat Milk Pancake Syrup	27 Egg and Broccoli Scramble Whole Wheat Bagel Canned Pears (1 svg) 1% Low Fat Milk Ketchup (1 Tbsp) Reduced Fat Cream Cheese (1 oz)	28 Apple Pancakes Hard Boiled Egg Raisin Bran Cereal Banana 1% Low Fat Milk Pancake Syrup
31 Egg and Broccoli Scramble Raisin Bread Canned Pears (1 svg) 1% Low Fat Milk Ketchup (9g packet) Margarine Peanut Butter (0.75oz)				



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LUNCH MENU August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Salad Multigrain Bread Beet Salad (1 svg) Whole Wheat Pasta Salad Apple 1% Low Fat Milk	4 California Veggie Burger (pre-prepared, 4oz) Whole Wheat Hamburger Bun Cucumber and Chickpea Salad (1/2 svg) Four Bean Salad (1 svg) Cantaloupe 1% Low Fat Milk Cheese Blintzes (2) (pre-prepared)	5 Beef Meatloaf Brown Gravy Whole Wheat Bread Sauteed Broccoli with Mushrooms and Pearl Onions (1 svg) Sweet Baked Yams Applesauce (1 svg) 1% Low Fat Milk	6 BBQ Chicken Leg Quarters Whole Wheat Bread Baked Fries (pre-prepared) Coleslaw Fruit Salad 1% Low Fat Milk	7 Salmon and Lentils Orzo Roasted Zucchini (1 svg) Orange 1% Low Fat Milk Whole Wheat Tuna Salad Sandwich (1 sandwich)
10 Deluxe Cheeseburger with Onions Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Coleslaw Sliced Tomatoes Orange 1% Low Fat Milk	11 Classic Lentil Soup (pre-prepared) Hearty Three Bean Salad Whole Wheat Bread Baby Carrots and Parsley (1 svg) Canned Pears (1 svg) 1% Low Fat Milk Light Egg Salad (3oz) with Lettuce	12 Baked Chicken Quarters Yellow Rice Sauteed Summer Squash with Corn and Tomatoes (1 svg) Canned Sliced Peaches (1 svg) 1% Low Fat Milk	13 Gravy Italian Style Pork Loin Whole Grain Cornbread Loaf (pre-prepared) Steamed Cauliflower (1 svg) Sweet Baked Yams Canned Pineapple (1 svg) 1% Low Fat Milk	14 Fish Cake (pre-prepared) Cheese Tortellini (pre-prepared) Multigrain Bread Broccoli and Red Pepper Salad (1 svg) Orange 1% Low Fat Milk
17 Spring Pasta with Fava Beans and Peas Whole Wheat Dinner Roll Roasted Zucchini (1 svg) Orange 1% Low Fat Milk Stuffed Shells (Pre-prepared)	18 Beef Salisbury Steak with Mushroom Sauce Multigrain Bread Homemade Mashed Potatoes Prince Edward Blend Vegetables (1 svg) Cantaloupe 1% Low Fat Milk	19 Cranberry Chicken Gravy Whole Wheat Bread Corn and Peas Steamed Broccoli (1/2 svg) Canned Sliced Peaches (1 svg) 1% Low Fat Milk	20 PARTY DAY Baked Cheese Lasagna Antipasto Italian Bread Grapes Peach Parfait 1% Low Fat Milk	21 Salmon and Lentils Yellow Rice Sauteed Spinach (1 svg) Banana 1% Low Fat Milk
24 Baked Pork Baked Brown Rice Pilaf Broccoli with Toasted Garlic (1 svg) Apple 1% Low Fat Milk	25 Turkey with Gravy Whole Wheat Bread Baked Sweet Potato Steamed Cauliflower (1 svg) Cantaloupe 1% Low Fat Milk	26 Beef Meatloaf with Mushroom Gravy Whole Wheat Dinner Roll Creamed Spinach (1 svg) Garlic Mashed Potatoes (1/2 svg) Canned Sliced Peaches (1 svg) 1% Low Fat Milk	27 Hawaiian Chicken Legs Whole Grain Cornbread Loaf (pre-prepared) Baby Carrots and Parsley (1 svg) Summer Chickpea and Veggie Salad Orange 1% Low Fat Milk	28 Sicilian Lentil Pasta Multigrain Bread Zucchini in Tomato Sauce (1 svg) Fruit Cocktail (1 svg) 1% Low Fat Milk Cheese Lasagna Rollups (pre-prepared)
31 Orange Chicken with Rosemary Whole Grain Cornbread Loaf (pre-prepared) Roasted Spiced Red Potatoes Sauteed Broccoli with Mushrooms and Pearl Onions (1 svg) Orange 1% Low Fat Milk	1	2	3	4

