

**BREAKFAST MENU October 2026**

| Monday                                                                                                                                                           | Tuesday                                                                                                                                                        | Wednesday                                                                                                                                                              | Thursday                                                                                                                                              | Friday                                                                                                                                              |
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|                                                                                                                                                                  |                                                                                                                                                                |                                                                                                                                                                        | 1<br>Cheese Frittata<br>Non-Fat Blueberry Greek Yogurt (5.3oz)<br>Whole Wheat Bagel<br>Apple<br>1% Low Fat Milk<br>Margarine                          | 2<br>Egg Whites<br>Oatmeal (1 cup)<br>Pancakes (pre-prepared)<br>Banana<br>1% Low Fat Milk<br>Pancake Syrup                                         |
| 5<br>Egg Whites<br>Oatmeal (1 cup)<br>Whole Grain Waffle (pre-prepared)<br>Orange<br>1% Low Fat Milk<br>Pancake Syrup                                            | 6<br>Cheerios<br>Raisin Bread<br>Spinach Mozzarella Quiche<br>Fruit Cocktail (1 svg)<br>1% Low Fat Milk<br>Ketchup (1 Tbsp)<br>Reduced Fat Cream Cheese (1 oz) | 7<br>Cocoa Puffs (Reduced Sugar) Cereal (pre-prepared)<br>Dairy Free Texas French Toast (pre-prepared)<br>Hard Boiled Egg<br>Apple<br>1% Low Fat Milk<br>Pancake Syrup | 8<br>Egg and Broccoli Scramble<br>Whole Wheat Bagel<br>Canned Pears (1 svg)<br>1% Low Fat Milk<br>Ketchup (1 Tbsp)<br>Reduced Fat Cream Cheese (1 oz) | 9<br>Apple Pancakes<br>Creamy Apple-Raisin Oatmeal<br>Feta Individual Omelette<br>Banana<br>1% Low Fat Milk<br>Pancake Syrup                        |
| 12<br>Center Closed                                                                                                                                              | 13<br>Farina<br>Vegetarian Western Omelette<br>Whole Wheat Bagel<br>Orange<br>1% Low Fat Milk<br>Reduced Fat Cream Cheese (1 oz)                               | 14<br>Apple Pie Oatmeal<br>Cheese Frittata<br>Canned Sliced Peaches (1 svg)<br>1% Low Fat Milk<br>Ketchup (9g packet)                                                  | 15<br>Cottage Cheese (1/2 cup)<br>Hard Boiled Egg<br>Whole Wheat Cinnamon Pancakes<br>Orange<br>1% Low Fat Milk<br>Margarine<br>Pancake Syrup         | 16<br>Cheerios<br>Egg Whites<br>Non-Fat Peach Greek Yogurt (5.3oz)<br>Banana<br>1% Low Fat Milk<br>Ketchup (9g packet)                              |
| 19<br>Apple Cinnamon Cheerios<br>Blueberry Pancakes<br>Scrambled Eggs<br>Apple<br>1% Low Fat Milk<br>Ketchup (9g packet)<br>Pancake Syrup                        | 20<br>Cheddar and Potato Bake<br>Raisin Bran Cereal<br>Canned Sliced Peaches (1/2 svg)<br>1% Low Fat Milk<br>Ketchup (1 Tbsp)                                  | 21<br>1% Low Fat Milk<br>Margarine<br>Cheese Omelet (pre prepared)<br>Cottage Cheese (1/2 cup)<br>Grits (1 cup)<br>Orange                                              | 22<br>Cheerios<br>Egg Whites<br>Plain Mini Bagel<br>Canned Pears (1 svg)<br>1% Low Fat Milk<br>Ketchup (9g packet)<br>Reduced Fat Cream Cheese (1 oz) | 23<br>Bran Flakes Cereal<br>Cinnamon Challah French Toast<br>Hard Boiled Egg<br>Canned Mandarin Oranges (1 svg)<br>1% Low Fat Milk<br>Pancake Syrup |
| 26<br>Egg and Broccoli Scramble<br>English Muffin, Whole Wheat Home Fries<br>Canned Sliced Peaches (1/2 svg)<br>1% Low Fat Milk<br>Ketchup (1 Tbsp)<br>Margarine | 27<br>Creamy Apple-Raisin Oatmeal<br>Spinach Mozzarella Quiche<br>Apple<br>1% Low Fat Milk<br>Ketchup (1 Tbsp)                                                 | 28<br>Bran Flakes Cereal<br>Cinnamon Whole Wheat French Toast<br>Hard Boiled Egg<br>Orange<br>1% Low Fat Milk<br>Pancake Syrup                                         | 29<br>Apple Pie Oatmeal<br>Raisin Bread<br>Scrambled Eggs<br>Fruit Salad<br>1% Low Fat Milk<br>Margarine<br>Reduced Fat Cream Cheese (1 oz)           | 30<br>Cheddar and Potato Bake<br>Farina<br>Non-Fat Peach Greek Yogurt (5.3oz)<br>Orange<br>1% Low Fat Milk<br>Margarine                             |



Selfhelp Maspeth older Adult Center, 6961 Grand Avenue, Maspeth NY 11376 (718)429-3636

## LUNCH MENU October 2026

| Monday                                                                                                                                                               | Tuesday                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                    | Thursday                                                                                                                                                          | 6Friday                                                                                                                                                                                  |
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|                                                                                                                                                                      |                                                                                                                                                                                              |                                                                                                                                                                                                                                              | 1<br>All American Loaded Baked Potato<br>Whole Wheat Dinner Roll<br>Roasted Zucchini (1 svg)<br>Orange<br>1% Low Fat Milk                                         | 2<br>Salmon in Garlic Butter Sauce<br>Multigrain Bread<br>Cheese Tortellini (pre-prepared)<br>Sauteed Spinach (1 svg)<br>Banana<br>1% Low Fat Milk                                       |
| 5<br>Turkey with Gravy<br>Whole Grain Cornbread Loaf (pre-prepared)<br>Baked Sweet Potato<br>Steamed Cauliflower (1 svg)<br>Apple<br>1% Low Fat Milk                 | 6<br>Beef Meatloaf<br>Brown Gravy<br>Whole Wheat Dinner Roll<br>Garlic Mashed Potatoes (1/2 svg)<br>Sauteed Spinach (1 svg)<br>Canned Sliced Peaches svg)<br>1% Low Fat Milk                 | 7<br>Baked Pork<br>Half White Half Brown Rice (1 cup)<br>Baby Carrots and Parsley (1 svg)<br>Applesauce (1 svg)<br>1% Low Fat Milk                                                                                                           | 8<br>Breaded Fish Fillet (pre-prepared)<br>Multigrain Bread<br>Orzo<br>Sauteed Broccoli and Chickpeas<br>Banana<br>1% Low Fat Milk                                | 9<br>Mushroom Barley Soup<br>Aromatic Lentil Stew with Carrots and Turnips<br>Whole Wheat Bread<br>Tossed Salad with Dressing<br>Orange<br>1% Low Fat Milk<br>t American Cheese Sandwich |
| 12<br>Center Closed<br>Colombus Day                                                                                                                                  | 13<br>Tender Pork Medallions with Rich Onion Sauce<br>Whole Wheat Dinner Roll<br>Baked Sweet Potato<br>Cauliflower with Carrots and Parsley (1 svg)<br>Applesauce (1 svg)<br>1% Low Fat Milk | 14<br>California Veggie Burger (Muenster Cheese Slice)<br>Whole Wheat Hamburger Bun<br>Baked Fries (pre-prepared)<br>Vegetable Mix (non-starchy) (1 svg)<br>Canned Sliced Peaches (1 svg)<br>1% Low Fat Milk<br>Spinach Cheese Jumbo Ravioli | 15 PARTY DAY<br>Stuffed Cabbage<br>Buttered Egg Noodles<br>Rye Bread<br>Baby Carrots<br>Fruit Salad<br>Rice Pudding<br>1% Low Fat Milk<br>Apple Cranberry Juice   | 16<br>Breaded Fish Fillet (pre-prepared)<br>Yellow Rice<br>Sauteed Spinach (1 svg)<br>Banana<br>1% Low Fat Milk                                                                          |
| 19<br>Classic Lentil Soup (pre-prepared)<br>Teriyaki Pork Loin<br>Confetti Brown Rice<br>Oriental Blend Vegetables (1 svg)<br>Apple<br>1% Low Fat Milk               | 20<br>Turkey with Gravy<br>Whole Grain Cornbread Loaf (pre-prepared)<br>Roasted Turnips (1 svg)<br>Sweet Baked Yams<br>Fruit Salad<br>1% Low Fat Milk                                        | 21<br>California Veggie Burger<br>Whole Wheat Hamburger Bun<br>Baked Fries (pre-prepared)<br>Steamed Broccoli (1 svg)<br>Orange<br>1% Low Fat Milk<br>Grilled Mozzarella and Tomato Sandwich                                                 | 22<br>Baked Chicken Quarters<br>Multigrain Bread<br>Garlic Mashed Potatoes (1 svg)<br>Sauteed Spinach (1 svg)<br>Canned Sliced Peaches (1 svg)<br>1% Low Fat Milk | 23<br>Whole Wheat English Muffin Pizzas<br>Mixed Green Salad with Chickpeas and Dressing (1/2 svg)<br>Sauteed Zucchini (1 svg)<br>Banana<br>1% Low Fat Milk                              |
| 26<br>1% Low Fat Milk<br>Pork Tenderloin with Zesty Cilantro Sauce<br>Whole Wheat Bread<br>Baked Potato<br>Sauteed Broccoli with Mushrooms and Pearl Onions<br>Apple | 27<br>Gravy<br>Sweet and Sour Beef Meatballs<br>Multigrain Bread<br>Steamed Carrots and Green Beans (1 svg)<br>Sweet Baked Yams<br>Applesauce (1 svg)<br>1% Low Fat Milk                     | 28<br>Southern Style Baked Navy Beans<br>Brown Rice (1 cup)<br>California Blend Vegetables (1 svg)<br>Orange<br>1% Low Fat Milk<br>Spinach Cheese Jumbo Ravioli (pre-prepared)                                                               | 29<br>Chicken Cacciatore<br>Whole Wheat Bread<br>Cheese Tortellini (pre-prepared)<br>Roasted Zucchini (1 svg)<br>Fruit Salad<br>1% Low Fat Milk                   | 30<br>Classic Minestrone Soup<br>Baked Flounder<br>Whole Wheat Dinner Roll<br>Baked Red Potato Wedges<br>Sauteed Spinach (1 svg)<br>Banana<br>1% Low Fat Milk                            |