

**Tompkins Park Senior Center BREAKFAST& LUNCH MENU FEB/ Sponsored by Wayside Out-Reach Development / Funded by NYC Aging 2025**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b><u>3</u></b> Lettuce & Tomato Oatmeal Swiss Cheese Slice Whole Wheat Bread	<b><u>4</u></b> Avocado Egg Salad Cheerios Whole Wheat Bread	<b><u>5</u></b> Veggie Sausage Patty Home Fries Whole Wheat Bread	<b><u>6</u></b> Grits Salmon cakes Sautéed Onions & Peppers	<b><u>7</u></b> Fiber One Cereal Whole Wheat Mini Bagel
<b><u>10</u></b> Apple Raisin Crepes Fiber One Cereal	<b><u>11</u></b> Home Fried Sautéed Chicken Liver with Onions Whole Wheat Bread Grits	<b><u>12</u></b> Whole Grain Blueberry Muffin Fresh Fruit Salad	<b><u>13</u></b> Whole Wheat Cinnamon Pancakes Oatmeal	<b><u>14</u></b> Scrambled Eggs with Swiss Cheese Raisin Bran Cereal Whole Wheat Mini Bagel
<b><u>17</u></b> Cinnamon Whole Wheat French Toast Oatmeal	<b><u>18</u></b> Tuna Cakes Whole Wheat Bread Cheerios Home Fries with Pepper& Onions	<b><u>19</u></b> Whole Wheat Grilled Cheese Farina	<b><u>20</u></b> Fiber One Cereal Whole Wheat Bagel	<b><u>21</u></b> Egg White Omelet with Peppers & Onions Raisin Bran Cereal Whole Wheat Bread
<b><u>24</u></b> Homemade turkey Breakfast Sausage Patty Bran Muffin Oatmeal	<b><u>25</u></b> Apple Raisin Crepes Fiber One Cereal Hard Boiled Egg	<b><u>26</u></b> Cheerios Plain Low Fat Yogurt Whole Wheat Bread	<b><u>27</u></b> Salmon Cakes Sautéed Onions & Peppers Whole Wheat Bread Grits	<b><u>28</u></b> Baked Breaded Chicken Cutlet Waffles Raisin Bran Cereal

**MENU IS SUBJECT TO CHANGE: Contributions are SUGGESTED Donations**

Tompkins Park Senior Center | 550 Greene Avenue, Brooklyn, NY 11216 | (718)-638-3000

BREAKFAST: 9:00AM – 10:00AM | LUNCH TIME: 12:30PM – 1:30PM

**\*ALL BREAKFAST AND LUNCH MENUS WILL BE PROVIDED WITH A FRUIT, JUICE / MILK, MARGARINE\***

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<b>3</b> Beef Meatloaf Whole Wheat Dinner Roll Garlic Mashed Potatoes Steamed Green Beans	<b>4</b> Cozy Lentil & Veggie Soup White Rice Whole Wheat Bread California Blend Vegetables	<b>5</b> Stewed Chicken Breast Rice & Beans Broccoli & Red Peppers Yellow Plantains	<b>6</b> Sunshine Salad with Grilled Chicken Whole Wheat Dinner Roll Cucumber Dill Salad Potato Salad	<b>7</b> Baked Salmon with Lemon Tarragon & Thyme Rice Pilaf The Ultimate Healthy Cornbread Creamy Spinach
<b>10</b> Baked Chicken Quarters Brown Rice Whole Wheat Bread Winter Blend Vegetables	<b>11</b> Curried Jamaican Stew White Rice Whole Wheat Bread Baby Spinach Salad with Lemon Vinaigrette	<b>12</b> Beef Hamburger Sautéed Onions & Peppers Whole Wheat Hamburger Bun Baked Fries Kale with Tomato	<b>13</b> Pernil (Roasted pork shoulder) Garlic Bread Baked Red Potato Wedges Steamed Carrots	<b>14</b> Baked Salmon Whole Wheat Bread Yellow Rice Italian Cut Green Beans
<b>17</b> BBQ Beef Ribs Yellow Rice Sautéed String Beans	<b>18</b> Classic Lentil Soup Rice Pilaf Whole Wheat Bread California Blend Vegetables	<b>19</b> Tuna Salas Whole Wheat Bread Beet Salad Cole Slaw	<b>20</b> Jerk Chicken Leg Quarter Classic Macaroni Salad Whole Wheat Bread Boiled Southern Greens	<b>21</b> Teriyaki Baked Fish Classic Garlic Bread Mashed Sweet Potatoes Sautéed Spinach
<b>24</b> Beef Meatballs in Tomato Sauce Spaghetti Whole Wheat Bread Broccoli with Toasted Garlic	<b>25</b> Ultimate Stewed Black Beans White Rice Whole Wheat Bread Spinach, Apple & Red Onion Salad	<b>26</b> Baked Chicken Quarters Whole Wheat Bread Baked Potato Steamed Red or Green Cabbage	<b>27</b> Chicken Alfredo Penne Whole Wheat Bread California Blend Vegetables	<b>28</b> Fish with Creole Sauce Brown Rice Whole Wheat Dinner Roll Italian Blend Vegetables

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