

Tompkins Park Senior Center Breakfast& Lunch MENU OCT/ Sponsored by Wayside Out-Reach Development / Funded by NYC Aging 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>1</u> Cream of Wheat Whole Wheat Grilled Cheese	<u>2</u> Cinnamon Raisin Bagel Fiber One Cereal	<u>3</u> Egg White Omelets with Peppers & Onions Raisin Bran Cereal Whole Wheat Bread
<u>6</u> Homemade Turkey Breakfast Sausage Patty Bran Muffin Oatmeal	<u>7</u> Finer One Cereal Vegeable Egg Friitata Whole Wheat Bread	<u>8</u> Apple Raisin Crepes Cheerios	<u>9</u> Salmon Cakes Sautéed Onions & Peppers Whole Wheat Bread Grits	<u>10</u> Baked Breaded Chicken Culet Waffles Raisin Bran Cereal
<u>13</u> Banana Muffin Multigrain Cheerios	<u>14</u> Egg White Omelette with Perpper& Onions Oatmeal Whole Wheat Bread	<u>15</u> Grits Sautéed Chicken Liver with Onions Whole Wheat Bread	<u>16</u> Creole Sauce Farina Home Fries Whole Wheat Bread	<u>17</u> Bran Flakes Cereal Scrambled Eggs with Red Peppers & Onions Veggie Sausage Link Whole Wheat Bread
<u>20</u> Oven Fried Chicken Waffles	<u>21</u> Sauteed Onions & Pepper Tuna Cakes Grits Whole Wheat Bread	<u>22</u> Whole Wheat Grilled Cheese Fiber One Cereal	<u>23</u> Fiber One Cereal Whole Wheat Cinnamon Pancakes	<u>24</u> Hard Boiled Egg Whole Grain Corn Muffins Wheat Flake Cereal
<u>27</u> Cheddar Cheese Slice Whole Wheat English Muffin Oatmeal	<u>28</u> Home Fries Veggie Sausage Patty Whole Wheat Bread	<u>29</u> Avocado Egg Salad Cheerios Whole Wheat Bread	<u>30</u> Grits Salmon Cakes Sautéed Onions & Peppers Whole Wheat Bread	<u>31</u> Raisin Bran Cereal Tuna Salad Whole Wheat Pita

Hard Boiulked EMENU 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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>1</u> Baked Pork Chops Whole Wheat Bread Beet Salad Cole Slaw	<u>2</u> Jerk Chicken Leg Quarter Classic Macaroni Salad Whole Wheat Bread Boiled Southern Greens	<u>3</u> Teriyaki Baked Fish Classic Garlic Bread Sautéed Bok Choy Sautéed Spinach
<u>6</u> Beef Meatballs in Tomato Sauce Classic Garlic Bread Spaghetti Broccoli With Toasted Garlic	<u>7</u> Black Bean Soup White rice Whole Wheat Bread Mixed Vegetables Sautéed Spinach	<u>8</u> Baked Chicken Quarters Whole Wheat Bread Baked Potato Steamed Red or Green Cabbage	<u>9</u> Chicken Alfredo Penne Whole Wheat Bread California Blend Vegetables	<u>10</u> Fish with Créole Sauce Brown Rice Whole Wheat Dinner Roll Italian Blend Vegetables
<u>13</u> Baked Pork Chops Whole Wheat Dinner Roll Garlic Mashed Potatoes Steamed Carrots	<u>14</u> Classic Minestrone Soup White Rice Whole Wheat Bread Sautéed Brussel Sprouts & Kale with Walnuts	<u>15</u> Caribbean Style BBQ Chicken Whole Wheat Bread Steamed Collard Greens	<u>16</u> Braised Beef Short Ribs Whole Wheat Bread Yellow Rice Sautéed String Beans	<u>17</u> Baked Marinated Fish Whole Wheat Bread Yuca with Onions Stewed Okra with Tomatoes
<u>20</u> Turkey Burger with Cheese Whole Wheat Hamburger Bun Baked Potato Tossed Salad with Dressing	<u>21</u> Rasta Pasta Whole Wheat Bread Normandy Blend	<u>22</u> Chicken Gumbo Whole Wheat Bread Cole Slaw	<u>23</u> Stewed Pork Chops Brown Rice Whole Wheat Bread Steamed Broccoli	<u>24</u> Fish with Creole Sauce Sautéed Onions & Peppers Whole Wheat Bread Garlic & Rosemary Roasted Potatoes Steamed Kale
<u>27</u> Beef Meatloaf Whole Wheat Dinner Roll Garden Salad Garlic Mashed Potatoes Steamed Green Beans	<u>28</u> Cozy Lentil Veggie Soup White Rice Whole Wheat Bread California Blend Vegetables	<u>29</u> Stewed Chicken Breast Rice & Beans Broccoli & Red Peppers Yellow Plantains	<u>30</u> Curried Chicken Legs Whole Wheat Dinner Roll Cucumber Dill Salad Potato Salad	<u>31</u> Baked Salmon with Lemon Tarragon & Thyme Rice Pilaf The Ultimate Healthy Cornbread Creamy Spinach

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