

Tompkins Park Older Adult Center Breakfast & Lunch MENU SEP/ Sponsored by Wayside Out-Reach Development / Funded by NYC Aging 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u> Multigrain Cheerios Whole wheat English Muffin Pizzas	<u>2</u> Egg White Omelette with Peppers & Onions Farina Whole Wheat Bread	<u>3</u> Home Fries Oatmeal Sauteed Chicken Liver with Onions	<u>4</u> Creole Sauce Salmon Cakes Whole Wheat Bread Grits	<u>5</u> Plain Non-Fat Yogurt Whole Wheat Blueberry Muffins Raisin Bran Cereal
<u>8</u> Sweet & Sour Chicken Breasts Waffles	<u>9</u> Sauteed Oninos & Peppers Tuna Cakes Grits Whole Wheat Bread	<u>10</u> Whole Wheat Grilled Cheese Sandwich Fiber One Cereal	<u>11</u> Fiber One Cereal Whole Wheat Cinnamon Pancakes	<u>12</u> Hard Boiled Egg Whole Grain Corn Muffins Wheat Flake Cereal
<u>15</u> English Muffin Cheddar Cheese Slice Oatmeal	<u>16</u> Home Fries Veggie Sausage patty Whole Wheat Bread	<u>17</u> Avocado Egg Salad Cheerios Whole Wheat Bread	<u>18</u> Grits Salmon Cakes Sautéed Onions & Peppers Whole Wheat Bread	<u>19</u> Raisin Bran Cereal Tuna Salad Whole Wheat Pita Bread Feta Cheese
<u>22</u> Grits Sauteed Chicken Liver with Onions Whole Wheat Bread	<u>23</u> Apple Raisin Crepes Fiber One Cereal	<u>24</u> Cinnamon Raisin Bagel Coconut Granola Banana Blue Berries Non-Fat plain Greek Yogurt	<u>25</u> Homemade Turkey Breakfast sausage patty Oatmeal Whole Wheat Bread	<u>26</u> Homemade Pork Breakfast sausage patty Scrambled Eggs with Red peppers and onions Whole Wheat Bread
<u>29</u> Cheerios Home Fries with peppers and onions Tuna Cakes Whole Wheat Bread	<u>30</u> Blueberry Pancakes Veggie sausage patty			

MENU IS SUBJECT TO CHANGE: Contributions are SUGGESTED Donations
Tompkins Park Older Adult Center | 550 Greene Avenue, Brooklyn, NY 11216 | (718)-638-3000
BREAKFAST: 9:00AM – 10:00AM | LUNCH TIME: 12:00PM – 1:00PM
ALL BREAKFAST AND LUNCH MENUS WILL BE PROVIDED WITH A FRUIT, MILK, MARGARINE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u> Baked Pork Chops Whole Wheat Dinner Roll Garlic Mashed Potatoes Steamed Carrots	<u>2</u> Smokey Black Bean & Sweet Potato Chill White Rice Tossed Salad with Dressing	<u>3</u> Caribbean Style BBQ Chicken Whole Wheat Bread Steamed Collard Greens Sweet Baked Yams	<u>4</u> Braised Beef Short Ribs Whole Wheat Bread Yellow Rice Sautéed String Beans	<u>5</u> Baked Marinated Fish Whole Wheat Bread Yuca with Onions Stewed Okra with Tomatoes
<u>8</u> Turkey Burger with Cheese Whole Wheat Hamburger Bun Baked Potato Tossed Salad with Dressing	<u>9</u> Curried Jamaican Stew Bowtie Pasta Whole Wheat Bread Winter Blend Vegetables	<u>10</u> Sunshine Salad with Grilled Chicken Whole Wheat Bread Cole Slaw Summer Chickpea & Veggie Salad	<u>11</u> Stewed Pork Chops Brown Rice Whole Wheat Bread Steamed Broccoli	<u>12</u> Fish with Creole Sauce Sautéed Onions with Peppers Whole Wheat Bread Garlic & Rosemary Potatoes Steamed Kale
<u>15</u> Beef Meatloaf Whole Wheat Dinner Roll Garden Salad Garlic Mashed Potatoes Steamed Green Beans	<u>16</u> Cozy Lentil & Veggie Soup White Rice Whole Wheat Bread California Blend Vegetables	<u>17</u> Stewed Chicken Breast Rice & Beans Broccoli & Red Peppers Yellow Plantains	<u>18</u> Curried Chicken Legs Whole Wheat Dinner Roll Cucumber Dill Salad Potato Salad	<u>19</u> Baked Salmon with Lemon Tarragon & Thyme Rice Pilaf The Ultimate Healthy Cornbread Creamy Spinach
<u>22</u> Baked Chicken Quarters Brown Rice Whole Wheat Bread Winter Blend Vegetables	<u>23</u> Curried Jamaican Stew White Rice Whole Wheat Bread Baby Spinach Salad with Lemon Vinaigrette	<u>24</u> Beef Hamburger Sautéed Onions & Peppers Whole Wheat Hamburger Bun Baked Fries Kale with Tomato	<u>25</u> Chinese Style Roast Pork Loin White Rice Whole Wheat Bread Asian Style Cucumber Salad	<u>26</u> Baked Salmon Whole Wheat Bread Yellow Rice Steamed Carrots
<u>29</u> Brown Stew Chicken Whole Wheat Bread Yellow Rice Sautéed Spinach	<u>30</u> Tasty Whole Wheat Lo Mein w/ Chickpeas Whole Wheat Bread Cabbage Edamame Slaw with Sweet & Spicy Peanut Dressing			

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