

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u> Grits Sauteed Chicken Liver with Onions Whole Whear Bread	<u>4</u> Apple Raisin Crepes Fiber One Cereal	<u>5</u> Cinnao Raisin Bagel Coconut Granola	<u>6</u> Homemade Turkey Breakfast Sausage Patty Oatmeal Whole Wheat Bread	<u>7</u> Homemade Pork Breakfast Sausage Patty Scrambled Eggs with Peppers & Onions Whole Wheat Bread
<u>10</u> Cherrios Ho,e fries with Peppers & Onions Tuna Cakes Whole Wheat Bread	<u>11</u> Blueberry Pancakes Veggie Sausage Patty	<u>12</u> Crema of Wheat Whole Wheat Grilled Cheese Sandwich	<u>13</u> Cinnamon Raisin Bagel Fiber One Cereal	<u>14</u> Egg White Omelette with Peppers & Onions Raisin Bran Cereal Whole Wheat Bread
<u>17</u> Homemade Turkey Breakfast Sausage Patty Bran Muffin Oatmeal	<u>18</u> Fiber One Cereal Vegetable Egg Frittata Whole Wheat Bread	<u>19</u> Apple Raisin Crepes Cheerios	<u>20</u> Salmon Cakes Sautéed Onions & Peppers Whole Wheat Bread Grits	<u>21</u> Baked Breaded Chicken Waffles Raisin Bran Cereal
<u>24</u> Banana Nut Muffin Multigrain Cheerios	<u>25</u> Egg White Omelette with Peppers & Onions Oatmeal Whole Wheat Bread	<u>26</u> Grits Sautéed Chicken Liver with Onions Whole Wheat Bread	<u>27</u> Creole Sauce Farina Home Fries Salmon Cakes Whole Wheat Bread	<u>28</u> Bran Flakes Cereal Scrambled Eggs with Red Peppers & Onions Veggie Sausage Link Whole Wheat Bread

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>3</u> Baked Chicken Quarters Brown Rice Whole Wheat Bread Winter Blend Vegetables	<u>4</u> Curried Jamaican Stew White Rice Whole Wheat Bread Babyspinach Salad with Lemon Vinaigrette	<u>5</u> Beef Hamburger Sautéed Onions & Peppers Whole Wheat Hamburger Bun Bake Fries Kale with Tomato	<u>6</u> Chinese Style Roast Pork Loin White Rice Whole Wheat Bread Asian Style Cucumber Salad	<u>7</u> Baked Salmon Whole Wheat Bread Yellow Rice Steamed Carrots
<u>10</u> Brown Stew Chicken Whole Wheat Bread Yellow rice Sautéed Spinach	<u>11</u> Tasty Whole Wheat Lo Mein with Chickpeas Whole Wheat Bread Cabbage Edamame Slaw with Sweet & Spicy Peanut Dressing	<u>12</u> Baked Pork Chops Whole Wheat Bread Beet Salad Cole Slaw	<u>13</u> Jerk Chicken Leg Quarters Classic Macaroni Salad Whole Wheat Bread Boiled Southern Greens	<u>14</u> Teriyaki Baked Fish Classic Garlic Bread Sautéed Bok Choy Sautéed Spinach
<u>17</u> Beef Meatballs I Tomato Sauce Classic Garlic Bread Spaghetti Broccoli with Toasted Garlic	<u>18</u> Black Bean Soup White Rice Whole Wheat Bread Mixed Vegetables Sautéed Spinach	<u>19</u> Baked Chicken Quarter Whole Wheat Bread Baked Potato Steamed Red or Green Cabbage	<u>20</u> Chicken Alfredo Penne Whole Wheat Bread California Blend Vegetables	<u>21</u> Fish with Creole Sauce Brown Rice Whole Wheat Dinner Roll Italian Blend Vegetables
<u>24</u> PLANT BASE Classic Minestrone Soup White Rice Whole Wheat Bread Sautéed Brussel Sprouts & Kale with Walnuts	<u>25</u> TBA	<u>26</u> Caribbean Style BBQ Chicken Whole Wheat Bread Steamed Collard Greens	<u>27</u> Braised Beef Short Ribs Whole Wheat Bread Yellow Rice Sauteed String Beans	<u>28</u> Baked Marinated Fish Whole Wheat Bread Yuca with Onions Stewed Okra with Tomatoes
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