

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u> Sweet & Sour Chicken Breasts Waffles	<u>2</u> Sauteed Oninos & Peppers Tuna Cakes Grits Whole Wheat Bread	<u>3</u> Whole Whea Grilled Cheese Fiber One Cereal	<u>4</u> Fiber One Cereal Whole Wheat Cinnamon Pancakes	<u>5</u> Hard Boiled Egg Whole Grain Corn Muffins Wheat Flake Cereal
<u>8</u> Lettuce & Tomato Oatmeal Swiss Cheese Slice Whole Wheat Bread	<u>9</u> Avocado Egg Salad Cheerios Whole Wheat Bread	<u>10</u> Veggie Sausage Patty Whole Wheat Bread Home Fries	<u>11</u> Grits Salmon Cakes Sautéed Onions & Peppers Whole Wheat Mini Bagel	<u>12</u> Egg White Omelette with Peppers & Onions Raisin Bran Cereal Whole Wheat Bread
<u>15</u> Apple Raisin Crepes Fiber One Cereal	<u>16</u> Home Fries Sauteed Chicken Live with Oninos Whole Wheat Bread Grits	<u>17</u> Whole Grain Blueberry Muffin	<u>18</u> Whole Wheat Cinnamon Pancakes Oatmeal	<u>19</u> Scrambled Eggs with Swiss Raisin Bran Cereal Whole Wheat Mini Bagel
<u>22</u> Cinnamon Whole Wheat French Toast Oatmeal	<u>23</u> Tuna Cakes Whole Wheat Bread Cheerios Home Fries with Peppers & Onions	<u>24</u> Whole Wheat Grilled Cheese Farina	<u>25</u> Fiber One Cereal Whole Wheat Mini Bagel	<u>26</u> Egg White Omelette with Peppers & Onions Raisin Bran Cereal Whole Wheat Bread
<u>29</u> Homemade Turkey Breakfast Sausage Patty Bran Muffin Oatmeal	<u>30</u> Apple Raisin Crepes Fiber One Cereal Hard Boiled Egg	<u>31</u> Cheerios Plain Low-Fat Yogurt 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>1</u> Turkey Burger with Cheese Whole Wheat Hamburger Bun Baked Potato Tossed Salad with Dressing	<u>2</u> Curried Jamaican Stew Bowtie Pasta Whole Wheat Bread Winter Blend Vegetabels	<u>3</u> Sunshine Salad with Grilled Chicken Whole Wheat Bread Cole Slaw Summer Chickpea & Veggie Salad	<u>4</u> Stewed Pork Chops Brown Rice Whole Wheat Bread Steamed Broccoli	<u>5</u> Fish with Creole Sauce Sautéed Onions & Peppers Whole Wheat Bread Garlic & Rosemary Roasted Potatoes Steamed Kale
<u>8</u> Beef Meatloaf Whole Wheat Dinner Roll Garlic Mashed Potatoes Steamed Green Beans	<u>9</u> Cozy Lentil & Veggie Soup White Rice Whole Wheat Bread California Blend Vegetables	<u>10</u> Stewed Chicken Breast Rice & Beans Broccoli & Red Peppers Yellow Plantains	<u>11</u> Sunshine Salad with Grilled Chicken Whole Wheat Dinner Roll Cucumber Dill Salad Potato Salad	<u>12</u> Baked Salmon with Lemon Tarragon & Thyme Rice Pilaf The Ultimate Healthy Cornbread Creamy Spinach
<u>15</u> Baked Chicken Quarters Brown Rice Whole Wheat Bread Winter Blend Vegetables	<u>16</u> Curried Jamaican Stew White Rice Whole Wheat Bread Baby Spinach Salad with Lemon Vinaigrette	<u>17</u> Beef Hamburger Sautéed Onions & Peppers Whole Wheat Hamburger Bun Baked Fries Kale with Tomato	<u>18</u> Pernil Pork Garlic Bread Baked Red Potato Wedges Steamed Carrots	<u>19</u> Baked Salmon Whole Wheat Bread Yellow Rice Italian Cut Green Beans
<u>22</u> BBQ Beef Ribs Yellow Rice Sautéed String Beans	<u>23</u> Classic Lentil Soup Rice Pilaf Whole Wheat Bread California Blend Vegetables	<u>24</u> Tuna Salad Whole Wheat Bread Beet Salad Cole Slaw	<u>25</u> Jerk Chicken Leg Quarter Classic Macaroni Salad Whole Wheat Bread Boiled Southeren Greens	<u>26</u> Teriyaki Baked Fish Classic Garlic Bread Mashed Sweet Potatoes Sautéed Spinach
<u>29</u> Beef Meatballs in Tomato Sauce Spaghetti Whole Wheat read Broccoli with Toasted Garlic	<u>30</u> Ultimate Stewed Black Beans White Rice Whole Wheat Bread Spinach, Apple & Red Onion Salad	<u>31</u> Baked Chicken Quarters Whole Wheat Bread Baked Potato Steamed Red or Green Cabbage		

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