

**Tompkins Park Senior Center Breakfast& Lunch MENU FEB/ Sponsored by Wayside Out-Reach Development / Funded by NYC Aging 2026**

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <u><b>2</b></u><br>Home Fries with Peppers & Onions<br>Tuna Cakes<br>Whole Wheat Bread                  | <u><b>3</b></u><br>Blueberry Pancakes<br>Veggie Sausage Patty                                | <u><b>4</b></u><br>Cream of Wheat<br>Whole Wheat Grilled Cheese Sandwich                 | <u><b>5</b></u><br>Cinnamon Raisin Bagel<br>Cornmeal Porridge                              | <u><b>6</b></u><br>Egg White Omelette with Peppers & Onions<br>Raisin Bran Cereal<br>Whole Wheat Bread                       |
| <u><b>9</b></u><br>Whole Wheat English Muffin<br>Homemade Turkey Breakfast<br>Sasusage Patty<br>Oatmeal | <u><b>10</b></u><br>Cream of Wheat<br>Vegetable Egg Frittata<br>Whole Wheat Bread            | <u><b>11</b></u><br>Apple Raisin Crepes<br>Farina<br>Whole Wheat Bread                   | <u><b>12</b></u><br>Salmon Cakes<br>Sautéed Onions & Peppers<br>Whole Wheat Bread<br>Grits | <u><b>13</b></u><br>Baked Breaded Chicken Cutlet<br>Cheesy Grits<br>Waffles  |
| <u><b>16</b></u><br>Banana Nut Muffin<br>Cornmeal Porridge<br>Hard Boiled Egg                           | <u><b>17</b></u><br>Egg White Omelette with Peppers & Onions<br>Oatmeal<br>Whole Wheat Bread | <u><b>18</b></u><br>Grits<br>Sautéed Chicken Liver with Onions<br>Whole Wheat Bread      | <u><b>19</b></u><br>Farina<br>Home Fries<br>Salmon Cakes<br>Whole Wheat Bread              | <u><b>20</b></u><br>Cream of Wheat<br>Scrambled Eggs with Red Peppers and Onions<br>Veggie Sausage Link<br>Whole Wheat Bread |
| <u><b>23</b></u><br>Cheesy Grits<br>Oven Fried Chicken<br>Waffles                                       | <u><b>24</b></u><br>Creamy Apple Raisinn Oatmeal<br>Whole Wheat Grilled Cheese Sandwich      | <u><b>25</b></u><br>Grits<br>Sautéed Onions & Peppers<br>Tuna Cakes<br>Whole Wheat Bread | <u><b>26</b></u><br>Oatmeal<br>Whole Wheat Cinnamon Pancakes                               | <u><b>27</b></u><br>Farina<br>Hard Boiled Egg<br>Whole Grain Corn Muffins  |

**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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|---|--|---|--|---|
| <u><b>2</b></u><br>Baked Pork Chops<br>Whole Wheat Bread<br>Au Gratin Potatoes<br>Sautéed Spinach                                   | <u><b>3</b></u><br>Vegetable Lo Mein with Crispy Tofu<br>Whole Wheat Bread<br>Sauteed Bok Choy with Garlic                     | <u><b>4</b></u><br>Brown Stewed Chicken<br>Whole Wheat Bread<br>Beet Salad<br>Cole Slaw                         | <u><b>5</b></u><br>Jerk Chicken Leg Quarter<br>Classic Macaroni Salad<br>Whole Wheat Bread<br>Boiled Southern Greens | <u><b>6</b></u><br>Teriyaki Baked Fish<br>Classic Garlic Bread<br>Italian Cut Green Beans   |
| <u><b>9</b></u><br>Beef Meatballs in Tomato Sauce<br>Classic Garlic Bread<br>Spaghetti<br>Broccoli with Toasted Garlic              | <u><b>10</b></u><br>Black Bean Soup<br>White Rice<br>Whole Wheat Bread<br>Mixed Vegetables<br>Sautéed Spinach                  | <u><b>11</b></u><br>Baked Chicken Quarters<br>Whole Wheat Bread<br>Baked Potato<br>Steamed Red or Green Cabbage | <u><b>12</b></u><br>Chicken Alfredo Penne<br>Whole Wheat Bread<br>Italian Blend Vegetables                           | <u><b>13</b></u><br>Oven Fried Fish<br>Whole Wheat Dinner Roll<br>Roasted Potatoes & Vegetables   |
| <u><b>16</b></u><br>Baked Pork Chops<br>Whole Wheat Dinner Roll<br>Garlic Mashed Potatoes<br>Steamed Carrots                        | <u><b>17</b></u><br>Classic Minestrone Soup<br>White Rice<br>Whole Wheat Bread<br>Sautéed Brussel Sprout and Kale with Walnuts | <u><b>18</b></u><br>Caribbean Style BBQ Chicken<br>Rice & Beans<br>Whole Wheat Bread<br>Steamed Collard Greens  | <u><b>19</b></u><br>Braised Beef Short Ribs<br>Whole Wheat Bread<br>Roasted Potatoes<br>Sautéed String Beans         | <u><b>20</b></u><br>Baked Marinated Fish<br>Whole Wheat Bread<br>Stewed Okra with Tomatoes<br>Yuca with Onions                                    |
| <u><b>23</b></u><br>Turkey Burger with Cheese<br>Whole Wheat Hamburger Bun<br>Baked Red Potato Wedges<br>Tossed Salad with Dressing | <u><b>24</b></u><br>Rasta Pasta<br>Whole Wheat Bread<br>Normandy Blend   | <u><b>25</b></u><br>Chicken Gumbo<br>White Rice<br>Whole Wheat Bread<br>Cole Slaw                               | <u><b>26</b></u><br>Stewed Pork Chops<br>Brown Rice<br>Whole Wheat Bread<br>Steamed Broccoli                         | <u><b>27</b></u><br>Fish with Creole Sauce<br>Sautéed Onions & peppers<br>Whole Wheat Bread<br>Garlic & Rosemary Roasted Potatoes<br>Steamed Kale |

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