

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

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

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

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