

MAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheddar Cheese Slice Whole wheat English Muffin Oatmeal	3 Cream of Wheat Home Fries Veggie Sausage Patty Whole wheat Bread	4 Avocado Egg Salad Creamy Apple Rasin Oatmeal	5 Grits Salmon Cakes Sautéed Onions & Peppers Whole Wheat Bread	6 Banana Nut Muffin Jamaican Plantain Porridge
9 Grits Sautéed Chicken Liver with Onions Whole Wheat Bread	10 Apple Raisin Crepes Oatmeal	11 Cinnamon Raisin Bagel Cream of Wheat	12 Farina Homemade Turkey Breakfast Sausage Patty Whole Wheat Bread or Veggie Sausage Patty	13 Homemade Pork Breakfast Sausage Patty Scrambled Eggs with Red Peppers & Onions Whole Wheat Bread or Veggie Sausage Patty
16 Home Fries with Peppers 7 Onions Tuna Cakes Whole Wheat Bread	17 Blueberry Pancakes Veggie Sasuage Patty	18 Cream of Wheat Whole Wheat Grilled Cheese Sandwich	19 Cinnamon Raisin Bagel Farina	20 Egg White Omelets with Pepper & Onions Raisin Bran Cereal Whole Wheat Bread
23 English Muffin Whole Wheat Homemade Turkey Breakfast Sausage Patty Oatmeal	24 Cream of Wheat Vegetable Egg Frittata Whole Wheat Bread	25 Apple Raisin Crepes Farina Whole Wheat Bread	26 Salmon Cakes Sautéed Onions & Peppers Whole Wheat Bread Grits	27 Baked Breaded Chicken Cutlet Cheesy Grits Waffles
30 Banana Nut Muffin Farina Hard Boiled Egg	31 Egg White Omelette with peppers and onions oatmeal			

MENU 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: 12:00PM – 1:00PM

ALL BREAKFAST AND LUNCH MENUS WILL BE PROVIDED WITH A FRUIT, JUICE / MILK, MARGARINE

BREAKFAST

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>2</u> Beef Meatloaf Whole Wheat dinner roll Garden Salad Garlic Mashed Potatoes Steamed Green Beans	<u>3</u> Cozy Lentil & Veggie Soup White Rice WholeWheat Bread California Blend Vegetables	<u>4</u> Stewed Chicken Breast Rice & Beans Broccoli & Red Peppers Yellow Plantains	<u>5</u> Curried Chicken Legs Rice & Beans Whole Wheat Dinner Roll Cucumber Dill Salad Potato Salad	<u>6</u> Baked Salmon with Lemon Tarragon & Thyme Rice Pilaf The ultimate Healthy Cornbread Creamy Spinach
<u>9</u> Baked Chicken Quarters Brown Rice Whole Wheat Bread Sautéed Mustard Greens	<u>10</u> Curried Jamaican Stew White Rice Whole Wheat Bread Baby Spinach Salad with Lemon Vinaigrette	<u>11</u> Beef Hamburger Sautéed Onions & Peppers Whole Wheat Hamburger Bun Bake Fries Kale with Tomato	<u>12</u> Chinese Style Roast Pork Loin White Rice Whole Wheat Bread Asian Style Cucumber Salad	<u>13</u> Baked Salmon Whole Wheat Bread Yellow Rice Steamed Carrots
<u>16</u> Baked Pork Chops Whole Wheat Bread Au Gratin Potatoes sautéed Spinach	<u>17</u> Vegetable Lo Mein with Crispy Tofu Whole Wheat Bread Sautéed Bok Choy with Garlic	<u>18</u> Brown Stew Chicken Whole Wheat Bread Beet Salad Cole Slaw	<u>19</u> Jerk Chicken Leg Quarters Classic Macaroni Salad Whole Wheat Bread Boiled Southern Greens	<u>20</u> Teriyaki Baked Fish Classic Garlic Bread Italian Cut Green Beans
<u>23</u> Beef Meatballs in Tomato Sauce Classic Garlic Bread Spaghetti Broccoli with Toasted Garlic	<u>24</u> Black Bean Soup White Rice Whole Wheat Bread Mixed Vegetables sautéed Spinach	<u>25</u> Baked Chicken Quarters Whole Wheat Bread Baked Potato Steamed Red & Green Cabbage	<u>26</u> Chicken Alfredo Penne Whole Wheat Bread Italian Blend Vegetables	<u>27</u> Oven Fried Fish Whole Wheat Dinner Roll Roasted Potatoes & Vegetables
<u>30</u> Baked Pork Chops Whole Wheat dinner roll Garlic Mashed Potatoes Steamed Carrots	<u>31</u> Classic Minestrone Soup White Rice Whole Wheat Bread Sautéed Brussel Sprouts and Kale aiwth Walnuts			

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LUNCH