

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cream of Wheat Salmon Cakes Whole Wheat Bread Fresh Pineapple
4 Baked Breaded Chicken Cutlet Cheesy Grits Waffles Apple	5 Sautéed Spinach Vegetable Egg Frittata Whole Wheat Bread Strawberries	6 Apple Raisin Crepes Cream of Wheat Apple	7 Cheerios Homemade Fish Cake Sautéed Onions & Peppers Whole Wheat Bread Strawberries	8 Cheesy Cheddar Drop Biscuits Homemade Turkey Breakfast Sausage Patty Oatmeal Berry Sauce
11 Scrambled Eggs with Red Peppers & Onions Toasted Oats Cereal Veggie Sausage Patty Whole Wheat Bread Strawberry Applesauce	12 Apple Pancakes Bran Flakes Cereal Hard Boiled Egg Apple	13 Cheddar Cheese Slice Whole Wheat English Muffin Plain Non-Fat Yogurt Raisin Bran Cereal Strawberries	14 Home Fries Sautéed Onions & Peppers Toasted Oats Cereal Veggie Sausage Patty Berry Sauce	15 Cheerios Cinnamon Raisin Bagel Egg Salad Apple
18 Cheesy Grits Oven Fried Chicken Waffles Blackberries	19 Bran Flakes Cereal Whole Wheat Grilled Cheese Sandwich Apple	20 Oatmeal Sautéed Onions & Peppers Tuna Cakes Whole Wheat Bread Fresh Pineapples	21 Cheerios Whole Wheat Cinnamon Panckes Fresh Pineapple	22 Hard Boiled Egg Whole Grain Corn Muffin Blackberries
25 Cheddar Cheese Slice Whole Wheat English Muffin Raisin Bran Cereal Fresh Pineapple	26 Creamy Apple Raisin Oatmeal Home Fries Veggie Sausage Patty Whole Wheat Bread Apple	27 Avocado Egg Salad Whole Wheat Bread Fresh Pineapples	28 Cheesy Grits Home Fries Sauteed Chicken Liver with Onions Apple	29 Jamaican Plantain Porridge Whole Grain Banana Muffin Whole Wheat Bread Berry Sauce

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
				1 Baked Fish Whole Wheat Bread Brussels Sprouts Roasted Potatoes
4 Brown Gravy Grilled Chicken Breast Wild Rice Italian Blend Vegetables	5 Lentil, Spinach & Brown Rice Stew Whole Wheat Bread Mixed Vegetables Sautéed Spinach	6 Tuna Salad Whole Wheat Bread Mixed Vegetables Sautéed Spinach	7 BBQ Beef Ribs Whole Wheat Bread Yellow Rice Sautéed String Beans	8 Teriyaki Baked Fish Whole Wheat Bread Baked Potato Sautéed Spinach
11 Baked Pork Chop Whole Wheat Dinner Roll Garlic Mashed Potatoes Steamed Carrots	12 Rasta Pasta Rasta Pasta Sauce Whole Wheat Bread Sautéed Mushrooms, Peppers & Onions	13 Chicken Alfredo Penne Whole Wheat Bread Steamed Broccoli	14 Baked Ziti with Beef Meatballs Classic Garlic Bread Garden Salad with Chickpeas	15 Baked Marinated Fish Springtime Fried Brown Rice Whole Wheat Bread Sautéed String Beans
18 Soy Dijon Chicken Thighs with Sweet Potatoes Whole Wheat Bread Steamed Collard Greens	19 Smokey Black Bean & SweetPotato Chili White Rice Whole Wheat Bread Sautted Bok Choy	20 Sunshine Salad with Grilled Chicken Whole Wheat Bread Cole Slaw Summer Chickpea & Veggie Salad	21 Stewed Pork Chops Brown Rice Whole Wheat Bread Steamed Broccoli	22 Fish with Creole Sauce Sautéed Onions & Peppers Whole Wheat Bread Garlic & Rosemary Roasted Potatoes Steamed Kale
25 Brown Stewed Chicken Whole Wheat Dinner Roll Yellow Rice Sautéed Spinach & Tomatoes	26 Tasty Whole Wheat Lo Mein with Chickpeas Whole Wheat Bread Cabbage Edamame Slaw with Sweet & Spicy Peanut Sauce Dressing	27 Homemade Beef Hamburger Sautéed Onions & Peppers OR Jamaican Jerk Veggie Burger	28 Pernil (Roasted Pork Shoulder) OR Veggie Sauge Patty Whoole Wheat Dinner Roll Roasted Spiced Red Potatoes Steamed Carrots	29 Baked Salmon with Lemon Tarragon & Thyme Rice Pilaf The Ultimate Healthy Cornbread Creamy Spinach

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