

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u> Grits Sauteed Onions & Peppers Tuna Cakes Whole Wheat Bread Blackberries	<u>2</u> Blueberry Panckes Toasted Oats Cereal Veggie Sausage Whole Wheat Bread Applesauce	<u>3</u> Raisin Bran Cereal Whole Wheat Grillws Cheese Sandwich Strawberries	<u>4</u> Cheerios Cinnamon Raisin Bagel Blackberries	<u>5</u> Scrambled Eggs with Red Peppers & Onions Veggie Sausage Patty Whole Wheat Bread Strawberries
<u>8</u> Grits Home Fries with Peppers &Onions Sautéed Chicken Liver with Onions Whole Wheat Bread	<u>9</u> Apple Raisin Crepes Oatmeal Whole Wheat Bread Berry Sauce	<u>10</u> Bran Flakes Cereal Cinnamon French Toast Hard Boiled Egg Fresh Pineapple	<u>11</u> Cheerios English Muffin Whole Wheat Homemade Turkey Breakfast Sausage Patty Peach	<u>12</u> Cream of Wheat Salmon Cakes Whole Wheat Bread Fresh Pineapple
<u>15</u> Baked Breaded Chicken Cutlet Cheesy Grits Waffles Apple	<u>16</u> Sauteed Spinach Vegetable Egg Frittata Whoel Wheat Bread Strawberries	<u>17</u> Apple Raisin Crepes Cream of Wheat Apple	<u>18</u> Cheerios Homemade Fish Cake Sautéed Onions& Peppers Whole Wheat Bread Strawberries	<u>19</u> Cheesy Cheddar Drop Biscuits Homemade Turkey Breakfast Sausage Patty Oatmeal Berry Sauce
<u>22</u> Scrambled Eggs with Red Peppers & Onions Toasted Oats Cereal Veggie Sausage Patty Whole Wheat Bread Strawberry Applesauce	<u>23</u> Apple Panckaes Bran Flakes Cereal Hard Boilled Eggs Applesauce	<u>24</u> Cheddar Cheese Slice Whole Wheat English Muffin Plain Non- Fat Yogurt Raisin Bran Cereal Strawberries	<u>25</u> Home Fries Sauteed Onions & Peppers Toasted Oats Cereal Veggie Sausage Patty Berry Sauce	<u>26</u> Cheerios Cinnamon Raisin Bagel Egg Salad Apple

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> Beef Meat Sauce with Peppers and Onions Classic Garlic Bread Spaghetti Broccoli & Red Peppers	<u>2</u> Habichuelas Guisadas (Stewed Pinto Beans) Whole Wheat Bread Yellow Rice Corn & Red Peppers Sautéed Spinach & Tomatoes	<u>3</u> Jerk Chicken Caribbean Rice & Red Beans Whole Wheat Bread California Blend Vegetables	<u>4</u> Turkey Burger with Cheese Whole Wheat Hamburger Bun Baked Sweet Potato Lettuce & Tomato	<u>5</u> Lemon Salmon Rice with Vegetables Whole Wheat Bread Steamed Carrots
<u>8</u> Beef & Cheese Lasagna Classic Garlic Bread Normandy Blend	<u>9</u> Curried Jamaican Stew Rice & Beans Whole Wheat Bread Steamed Green Beans	<u>10</u> Brown Stew Chicken Whole Wheat Bread Homemade Mashed Potatoes Steamed Carrots	<u>11</u> Roast Pork Loin with Mojo Sauce Baked Macaroni & Cheese Whole Wheat Bread Collard Green with Tomato	<u>12</u> Baked Fish Whole Wheat Bread Brussels Sprouts Roasted Potatoes
<u>15</u> Brown Gravy Grilled Chicken Breast Wild Rice Italian Blend Vegetables	<u>16</u> Lentil, Spinach & brown Rice Stew Whole Wheat Bread Mixed Vegetables Sautéed Spinach	<u>17</u> Tuna Salad Whole Wheat Pita Cabbage & Beet Salad Chickpeas	<u>18</u> BBQ Beef Ribs Whole Wheat Bread Yellow Rice Sautéed String Beans	<u>19</u> Teriyaki Baked Fish Whole Wheat Bread Baked Potato Sautéed Spinach
<u>22</u> Baked Pork Chops Whole Wheat Dinner Roll Garlic Mashed Potatoes Steamed Carrots	<u>23</u> Rasta Pasta Rasta Pasta Sauce Whole Wheat Bread Sautéed Mushrooms, Peppers & Onions	<u>24</u> Chicken Alfredo Penne Whole Wheat Bread Steamed Broccoli	<u>25</u> Baked Ziti with Beef Meatballs Classic Garlic Bread Garden Salad with Chickpeas	<u>26</u> Springtime Fried Brown Rice Whole Wheat Bread Sautéed String Beans

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