

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> Raison Bran Cereal Whole Wheat Grilled Cheese Sandwich Blueberries | <u>2</u> Cheerios Cinnamon Raisin Bagel Non-Fat Plain Greek Yogurt Grapes | <u>3</u> CLOSED For 4th of July |
| <u>6</u> Grits Home Fries with Peppers & Onions Sautéed Chicken Liver with Onions Whole Wheat Bread | <u>7</u> Apple Raisin Crepes Oatmeal Whole Wheat Bread Honeydew | <u>8</u> Bran Flakes Cereal Cinnamon French Toast Hard Boiled Egg Cantaloupe | <u>9</u> Cheerios Whole Wheat English Muffin Homemade Turkey Breakfast Sausage Patty Honeydew | <u>10</u> Cream of Wheat Salmon Cakes Whole Wheat Bread Fruit Salad |
| <u>13</u> Baked Breaded Chicken Cutlet Cheesy Grits Waffles Apple | <u>14</u> Sautees Spinach Vegetable Egg Frittata Whole Wheat Bread Nectarine | <u>15</u> Apple Raisin Crepes Cream of Wheat Grapes | <u>16</u> Cheerios Homemade Fish Cake Sautéed Onions & Peppers Whole Wheat Beard | <u>17</u> Cheesy Cheddar Drop Biscuits Homemade Turkey Breakfast Sausage Patty Oatmeal Grapes |
| <u>20</u> Scramble Eggs with Red Peppers &Onions Toasted Oats Cereal Veggie Sausage Patty Whole Wheat Bread. | <u>21</u> Apple Panckes Bran Flakes Cereal Hard Boiled Egg Cantaloupe | <u>22</u> Cheddar Cheese Slice Whole Wheat English Muffin Plain Non-Fat Raisin Bran Cereal Apple | <u>23</u> Home Fries Sauteed Chicken Liver with Onions Toasted Oats Cereal Cantaloupe | <u>24</u> Cheerios Cinnamon Raisin Bagel Egg Salad Plums |
| <u>27</u> Baked Breaded Chicken Cutlet Cheesy Grits Waffles Peach | <u>28</u> Bran Flakes Cereal Whole Wheat Grilled Cheese Sandwich Blueberries | <u>29</u> Oatmeal Sautéed Onions & Peppers Tuna Cakes Whole Wheat Bread Peach | <u>30</u> Cheerios Non-Fat Plain Greek Yogurt Whole Wheat Cinnamon Pancakes Bluberreis | <u>31</u> Hard Boiled Egg Whole Grain Corn Muffins Plum |

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: 12:30PM – 1:30PM

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

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|---|--|--|--|---|
| | | <u>1</u> Jerk Chicken Caribbean Rice & Beans Whole Wheat Bread California Blend Vegetables | <u>2</u> Turkey Burger with Cheese Whole Wheat Hamburger Bun Baked Potato Lettuce & Tomato | <u>3</u> CLOSED For 4th of July |
| <u>6</u> Beef & Cheese Lasagna Classic Garlic Bread Normandy Blend | <u>7</u> Curried Jamaican Stew Rice & Bean Whole Wheat Bread Steamed Green Beans | <u>8</u> Brown Stew Chicken Whole Wheat Bread Steamed Green Beans | <u>9</u> Roasted Pork Loin with Mojo Sauce Baked Macaroni & Cheese Whole Wheat Bread Collard Greens with Tomato | <u>10</u> Baked Fish Whole Wheat Bread Brussels Sprouts Roasted Potatoes |
| <u>13</u> Brown Gravy Grilled Chicken Breast Wild Rice Italian Blend Vegetables | <u>14</u> Lentil Spinach & Brown Rice Stew Whole Wheat Bread Mixed Vegetables Sauteed Spinach | <u>15</u> Tuna Salad Whole Wheat Pita Cabbage & Beat Salad Chickpeas | <u>16</u> BBQ Beef Ribs Whole Wheat Bread Yellow Rice Sautéed String Beans | <u>17</u> Teriyaki Baked Fish Whole Wheat Bread Baked Potato Sautéed Spinach |
| <u>20</u> Baked Pork Chops Whole Wheat Dinner Roll Garlic Mashed Potatoes Steamed Carrots | <u>21</u> Rasta Pasta Rasta Pasta Sauce Whole Wheat Bread Sauteed Mushrooms, Peppers & Onions | <u>22</u> Chicken Alfredo Penne Whole Wheat Bread Steamed Broccoli | <u>23</u> Baked Ziti with Beef Meatballs Classic Garlic Bread Garden Salad with Chickpeas | <u>24</u> Baked Marinated Fish Springtime Fried Brown Rice Whole Wheat Bread Sautéed String Beans |
| <u>27</u> Soy Dijon Chicken Thighs with Sweet Potatoes Steamed Collard Greens | <u>28</u> Smokey Black Bean & Sweet Potato Chilli White Rice Whole Wheat Bread Sauteed Bok Choy | <u>29</u> Sunshine Salad with Grilled Chicken Whole Wheat Bread Cole Slaw Summer Chickpeas &Veggie Salad | <u>30</u> Stewed Pork Chops Brown Rice Whole Wheat Bread Steamed Broccoli | <u>31</u> Fish with Creole Sauce Sautéed Onions & Peppers Whole Wheat Bread Garlic Rosemary Roasted Mashed Potatoes Steamed Kale |

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