

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u> Cheddar Cheese Slice English Muffin Whole Wheat English Muffin Raisin Bran Cereal Fruit Salad	<u>4</u> Creamy Apple- Raisin Oatmeal Home Fries Veggie Sausage Patty Whole Wheat Bread Pear	<u>5</u> Avocado Egg Salad Whole WheatBread Apple	<u>6</u> Cheesy Grits Home Fries Sautéed Chicken Liver with Onions Fruit Salad	<u>7</u> Jamaican Plantain Porridge Whole Grain Banana Muffin Whole Wheat Bread Pear
<u>10</u> Grits Sautéed Onions & Peppers Tuna Cakes Whole Wheat Bread Blueberries	<u>11</u> Blueberry Pancakes Hard Boiled Egg Toasted Oats Cereal Whole Wheat Bread Grapes	<u>12</u> Raisin Bran Cereal Whole Wheat Grilled Cheese Sandwich Blueberries	<u>13</u> Cheerios Cinnamon Raisin Bagel Non- Fat Plain Greek yogurt Grapes	<u>14</u> Scrambled Eggs with Red Peppers & Onions Veggie Sausage Patty Whole Wheat Bread Fruit Salad
<u>17</u> Grits Home Fries with Peppers & Onions Sautéed Chicken Liver with Onions Whole Wheat Bread	<u>18</u> Apple Raisin Crepes Oatmeal Whole Wheat Bread Honeydew	<u>19</u> Bran Flakes Cereal Cinnamon French Toast Hard Boiled Egg Cantaloupe	<u>20</u> Cheerios Whole Wheat English Muffin Homemade Turkey Breakfast Sausage Patty Honeydew	<u>21</u> Cream of Wheat Salmon Cakes Whole Wheat Bread Fruit Salad
<u>24</u> Baked Breaded Chicken Cutlet Cheesy Grits Waffles Apple	<u>25</u> Sauteed Spinach Vegetable Egg Frittaa Whole Wheat Bread Nectarine	<u>26</u> Apple Raisin Crepes Cream of Wheat Grapes	<u>27</u> Cheerios Homemade Fish Cakee Sauteed Onions & Peppers Whole Wheat Bread Nectarine	<u>28</u> Cheesy Cheddar Drop Biscuits Homemade Turkey Breakfast Sausage Patty Oatmeal Grapes
<u>31</u> Scrambled Eggs with Red Peppers & Onions Toasted Oats Cereal Veggie Sausage Patty Whole Wheat Bread				

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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u> Brown Stew Chicken Whole Wheat Dinner Roll Yellow Rice Sauteed Spinach & Tomatoes	<u>4</u> Tasty Whole Wheat Lo Mein with Chickpeas Whole Wheat Bread Cabbage Edamame Slaw with Sweet & Spicy Peanut Dressing	<u>5</u> Homemade Beef Hamburgers Sauteed Onions & Peppers Whole Wheat Bun Baked Fries Kale & Tomato	<u>6</u> Pernil (Roasted Pork Shoulder) Whole Wheat Dinner Roll Roasted Spiced Red Potatoes Steamed Carrots	<u>7</u> Baked Salmon with Lemon Tarragon & Time Rice Pilaf The Ultimate Healthy Cornbread Creamy Spinach
<u>10</u> Beef Meat Sauce with Peppers & Onions Classic Garlic Bread Spaghetti Broccoli & Red Peppers	<u>11</u> Habichuelas Guisadas (Stewed Pinto Beans) Whole Wheat Bread Yellow Rice Corn & Red Peppers Sautéed Spinach & Tomatoes	<u>12</u> Jerk Chicken Caribbean Rice & Beans Whole Wheat Bread California Blend Vegetables	<u>13</u> Turkey Burger with Cheese Whole Wheat Hamburger Bun Baked Sweet Potato Lettuce & Tomato	<u>14</u> Lemon Salmon Rice with Vegetables Whole Wheat Bread Steamed Carrots
<u>17</u> Beef & Cheese Lasagna Classic Garlic Bread Normandy Blend	<u>18</u> Curried Jamaican Stew Rice & Beans Whole Wheat Bread Steamed Green Beans	<u>19</u> Brown Stew Chicken Whole Wheat Bread\ Homemade Mashed Potatoes Steamed Carrots	<u>20</u> Roast Pork Loin with Mojo Sauce Baked Macaroni & Cheese Whole Wheat Bread Collard Greens with Tomato	<u>21</u> Baked Fish Whole Wheat Bread Brussels Sprouts Roasted Potatoes
<u>24</u> Grilled Chicken Breast Brown Gravy Wild Rice Italian Blend Vegetables	<u>25</u> Lentil Spinach /Brown Rice Stew Whole Wheat Bread Mixed Vegetables Sateed Spinach	<u>26</u> Tuna Salad Whole Wheat Pita Cabbage & Beet Salad Chickpeas	<u>27</u> BBQ Beef Ribs Whole Wheat Bread Yellow Rice Sauteed String Beans	<u>28</u> Teriyaki Baked Fish Whole Wheat Bread Baked Potato Sautéed Spinach
<u>31</u> Baked Pork Chops Whole Wheat Dinner Roll Garlic Mashed Potatoes Steamed Carrots				

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