

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>1</u> Apple Pancakes Bran Flakes Cereal Hard Boiled Egg Cantaloupe	<u>2</u> Cheddar Cheese Slice Whoel Wheat English Muffin Plain- Non-Fat Yogurt Raisin Bran Cereal Apple	<u>3</u> Home Fries Sautéed Chicken Liver with Onions Toasted Oats Cereal Cantaloupe	<u>4</u>
<u>7</u> Baked Breaded Chicken Cutlet Cheesy Grits Waffles Peach	<u>8</u> Bran Flakes Cereal Whole Wheat Grilled Cheese Sandwich Blueberries	<u>9</u> Oatmeal Sautéed Onions & Peppers Tuna Cakes Whole Wheat Bread Peach	<u>10</u> Cheerios Non-Fat Plain Greek Yogurt Whole Wheat Cinnamon Pancakes Blueberries	<u>11</u> Hard Boiled Eggs Whole Grain Corn Muffin Plum
<u>14</u> Cheddar Cheese Slice Whole Wheat English Muffin Raisin Bran Cereal Fruit Salad	<u>15</u> Creamy Apple- Raisin Oatmeal Home Fries Veggie Sausage Patty Whole Wheat Bread	<u>16</u> Avocado Egg Salad Whole Wheat Bread Apple	<u>17</u> Cheesy Grits Home Fries Sautéed Chicken Liver with Onions Fruit Salad	<u>18</u> Jamaican Plantain Porridge Whole Grain Banana Muffin Whole Wheat Bread Pear
<u>21</u> Grits Sautéed Onions & Peppers Tuna Cakes Whole Wheat Bread Blueberries	<u>22</u> Blueberry Pancakes Hard Bolied Egg Toasted Oats Cereal Whole Wheat Bread Grapes	<u>23</u> Raisin Bran Cereal Whole Wheat Grilled Cheese Sandwich Blueberries	<u>24</u> Cheerios Cinnamon Raisin Bagel Non- Fat Plain Greek Yogurt Grapes	<u>25</u> Scrambled Eggs with Red Peppers & Onions Veggie Sausage Patty Whole Wheat Bread Fruit Salad
<u>28</u> Grits Home Fries with Pepper & Onions Sautéed Chicken Liver with Onions	<u>29</u> Apple Raisin Crepes Oatmeal Whole Wheat Bread Honeydew	<u>30</u> Bran Flakes Cereal Cinnamon French Toast Hard Boiled Egg Cantaloupe		

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>1</u> Rasat Pasta Sauteed Mushroom & Peppers & Onions Whole Wheat Bread	<u>2</u> Chicken Alfredo Penne Steamed Broccoli	<u>3</u> Baked Ziti with Beef Meatballs Classic Garlic Bread Steamed Broccoli	<u>4</u> Baked Marinated Fish Springtime Fried Brown Rice Whole Wheat Bread Sautéed String Beans
<u>7</u> Soy Dijon Chicken Thighs with Sweet Potatoes. Whole Wheat Bread Steamed Collard Greens	<u>8</u> Smokey Black Beans & Sweet Potato Chili White Rice Whole Wheat Bread sautéed Bok Choy	<u>9</u> Sunshine Salad with Grilled Chicken Cole Slaw Summer Chickpea & Veggie Salad	<u>10</u> Stewed Pork Chops Brown Rice Whole Wheat Bread Steamed Broccoli	<u>11</u> Fish with Creole Sauce sautéed onions & Peppers Garlic & Rosemary Roasted Potatoes Steamed Kale Whole Wheat Bread
<u>14</u> Brown Stew Chicken Whole Wheat Dinner Roll Yellow Rice Sautéed Spinach & Tomatoes	<u>15</u> Tasty Whole Wheat Lo Mein with Chickpeas Cabbage Edamame Slaw with Sweet and Spicy Peanut Dressing Whole Wheat Bread	<u>16</u> Homemade Beef Hamburger Sautéed Onions & Peppers Whole Wheat Hamburger Bun Baked Fries Kale with Tomato	<u>17</u> Pernil (Roasted Pork Shoulder) Roasted Spiced Red Potatoes Whole Wheat Dinner Roll Steamed Carrots	<u>18</u> Baked Salmon with Lemon, Tarragon & Thyme Rice Pilaf The Ultimate Healthy Cornbread Creamy Spinach
<u>21</u> Spaghetti Beef Meat Sauce with Peppers & Onions Classic Garlic Bread Broccoli & Red Peppers	<u>22</u> Habichuelas Guisadas (Stewed Pinto Beans) Whole Wheat Bread Yellow Rice Corn & Red PEPPERES Sauteed Spinach & Tomatoes	<u>23</u> Jerk Chicken Caribbean Rice & Red Beans Whole Wheat Bread California Blend Vegetables	<u>24</u> Turkey Burger with Cheese Whole Wheat Hamburger Bun Baked Potato Lettuce & Tomato	<u>25</u> Lemon Salmon Rice & Vegetables Whole Wheat Bread Steamed Carrots
<u>28</u> Beef & Cheese Lasagna Classic Garlic Bread Normandy Blend	<u>29</u> Curried Jamaican Stew Rice & Beans Whole Wheat Bread Steamed Green Beans	<u>30</u> Brow Stewed Chicken Whole Wheat Bread Homemade Mashed Potatoes Steamed Carrots		

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