

Monday	Tuesday	Wednesday	Thursday	Friday
2 Home fries with peppers and onions – Scrambled eggs – Whole wheat bread – Canned mandarin oranges - / 1% low fat milk	3 Pancakes (pre- prepared) – Raisin bran cereal – Baked apple - / 1% low fat milk	4 Apple Pie Oatmeal – Whole wheat peanut butter and jelly sandwich (1 sandwich) - / 1% low fat milk	5 Hardboiled egg – Mapple quinoa oatmeal porridge – Whole wheat bread – grapes - / 1% low fat milk	6 Bran Flakes cereal – Cinnamon French toast (pre – prepared) – Orange - / 1% low fat milk
9 Broccoli cheddar quiche – Applesauce – Bran muffin (pre- prepared) – Multigrain cheerios // 1% low fat milk	10 Banana French toast casserole with whole what bread – Bran flakes cereal – Canned mandarin oranges – whole wheat bread – 1% low fat milk	11 Bulgur and coconut porridge – Banana – Non-fat plain Greek yogurt (1 cup) – Whole wheat bread – 1% low fat milk	12 Cheddar and potato bake – Canned pears – creamy apple raisin oatmeal – whole wheat bread – 1% low fat milk	13 Apple pancakes – Raisin bran cereal – Whole wheat bread – 1% low fat milk - cantaloupe
16 Classic overnight oats with fruit – Whole wheat English muffin veggie BLT	17 Baked egg omelette – Grits (1 cup) – Whole wheat bread – Honeydew – 1% low fat milk	18 Cheddar cheese cornbread – Raisin bran cereal – Cantaloupe – 1% low fat milk	19 Vegetarian Western breakfast casserole – Waffles (Pre- prepared) – Whole wheat bread – Fruit salad – 1% low fat milk	20 Farina Hard boiled egg – Whole wheat bread – grapes – 1% low fat milk
23 Cream of Wheat (1 cup) – Tuna salad – Whole wheat bread – Apple – 1% low fat milk	24 Banana nut muffin (pre-prepared) – Shredded wheat cereal, big biscuit – Blue berry smoothie – grapefruit – 1% low fat milk – low fat plain yogurt (1cup)	25 Cornmeal (1 cup) – Whole wheat grilled cheese (1 sandwich) – Banana – 1% low fat milk	26 Garden breakfast casserole – Whole wheat bread – Canned sliced peaches – 1% low fat milk	27 Cheesy Grits – Salmon cakes – Whole Wheat bread – Fruit cocktail

Contribution: senior \$1.00 / non-senior / Guest \$1.50



MENU SUBJECT TO CHANGE
 ALL MEALS SERVED WITH 8 OZ - MILK & BUTTER

FUNDED BY THE NYC GING
 NYC Department for the Aging

HAPPY VALENTINE'S DAY 2026

