

BREAKFAST MENU

Senior Center Name: **NYC Department for the Aging**

Menu Cycle: **Spring/Summer** Cycle Date: **4/6/2015** To **9/20/2015** Week: **1**

Menu Name: **3279--Sample Spring/Summer Breakfast Menu**

Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/06/2015 05/18/2015 06/29/2015 08/10/2015	04/07/2015 05/19/2015 06/30/2015 08/11/2015	04/08/2015 05/20/2015 07/01/2015 08/12/2015	04/09/2015 05/21/2015 07/02/2015 08/13/2015	04/10/2015 05/22/2015 07/03/2015 08/14/2015
Entrée 1-2 servings	Grilled Mozzarella and Tomato Sandwich	Turkey Bacon (2)	Scrambled Eggs with Swiss	Cottage Cheese (Low Sodium)	Spinach and Cheese Frittata
Grains or Starches 1-2 servings	All Bran Complete Wheat Flakes Cereal	Apple Pancakes (2) Fiber One Cereal	Oatmeal (1/2 cup) Whole Wheat Bread	Farina Whole Wheat Bread	Grits (1/2 cup) Whole Wheat Bread
Fruit or Fruit Juice 1-2 servings	Orange Juice	Apple Juice	Orange	Cantaloupe	Banana Pineapple Juice
Milk or Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free		Butter Pancake Syrup	Butter	Butter Pancake Syrup	Butter

Approved by: **Adriane Ackroyd**

Date Approved: **11/10/2014**

BREAKFAST MENU

Senior Center Name: **NYC Department for the Aging**

Menu Cycle: **Spring/Summer** Cycle Date: **4/6/2015** To **9/20/2015** Week: **2**

Menu Name: **3279--Sample Spring/Summer Breakfast Menu**

Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/13/2015 05/25/2015 07/06/2015 08/17/2015	04/14/2015 05/26/2015 07/07/2015 08/18/2015	04/15/2015 05/27/2015 07/08/2015 08/19/2015	04/16/2015 05/28/2015 07/09/2015 08/20/2015	04/17/2015 05/29/2015 07/10/2015 08/21/2015
Entrée 1-2 servings	Cheddar Cheese	Omelette with Peppers and Onions	Turkey Bacon	Egg a la Mexicana	Tuna Cake (2)
Grains or Starches 1-2 servings	All Bran Complete Wheat Flakes Cereal Whole Wheat Mini Bagel	Oatmeal (1/2 cup) Whole Wheat Bread	Banana Cinnamon French Toast (2)	Home Fries Whole Wheat Bread	Cornmeal (1/2 cup) Whole Wheat Bread
Fruit or Fruit Juice 1-2 servings	Apple	Orange	Orange Juice Pear	Orange Juice	Cantaloupe
Milk or Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free		Butter	Butter Pancake Syrup	Butter	Butter

Approved by: **Adriane Ackroyd**

Date Approved: **11/10/2014**

BREAKFAST MENU

Senior Center Name: **NYC Department for the Aging**

Menu Cycle: **Spring/Summer** Cycle Date: **4/6/2015** To **9/20/2015** Week: **3**

Menu Name: **3279--Sample Spring/Summer Breakfast Menu**

Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/20/2015 06/01/2015 07/13/2015 08/24/2015	04/21/2015 06/02/2015 07/14/2015 08/25/2015	04/22/2015 06/03/2015 07/15/2015 08/26/2015	04/23/2015 06/04/2015 07/16/2015 08/27/2015	04/24/2015 06/05/2015 07/17/2015 08/28/2015
Entrée 1-2 servings	Swiss Cheese	Egg	Turkey Sausage Link (2)	Potato-Spinach Egg Frittata	Pork Sausage Patty (2)
Grains or Starches 1-2 servings	Oatmeal (1/2 cup) Whole Wheat Bread	Raisin Bran Cereal Whole Wheat Bread	Pancakes (2)	Bran Flakes Cereal Whole Wheat Bread	English Muffin, Whole Wheat Grits (1 cup)
Fruit or Fruit Juice 1-2 servings	Banana Orange Juice	Orange	Orange Juice	Cantaloupe	Orange
Milk or Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free		Butter	Pancake Syrup	Butter	Butter

Approved by: Adriane Ackroyd

Date Approved: 11/10/2014

BREAKFAST MENU

Senior Center Name: **NYC Department for the Aging**

Menu Cycle: **Spring/Summer** Cycle Date: **4/6/2015** To **9/20/2015** Week: **4**

Menu Name: **3279--Sample Spring/Summer Breakfast Menu**

Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	04/27/2015 06/08/2015 07/20/2015 08/31/2015	04/28/2015 06/09/2015 07/21/2015 09/01/2015	04/29/2015 06/10/2015 07/22/2015 09/02/2015	04/30/2015 06/11/2015 07/23/2015 09/03/2015	05/01/2015 06/12/2015 07/24/2015 09/04/2015
Entrée 1-2 servings	Cheddar Cheese	Turkey Bacon (2)	Hard Boiled Egg Turkey Sausage Link	Omelet with Spinach and Parmesan Cheese	Coconut Granola (1/4 cup) Frozen Mixed Berries Oat Bran Plain Yogurt
Grains or Starches 1-2 servings	Bran Flakes Cereal Whole Wheat Bread	French Toast	Cream of Wheat (1/2 cup) Whole Wheat Bread	Cheerios Whole Wheat Bread	Whole Wheat Bread
Fruit or Fruit Juice 1-2 servings	Orange	Banana Orange Juice	Orange	Banana Orange Juice	Orange Juice
Milk or Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free	Butter	Butter Pancake Syrup	Butter	Butter	Butter

Approved by: **Adriane Ackroyd**

Date Approved: **11/10/2014**

BREAKFAST MENU

Senior Center Name: **NYC Department for the Aging**

Menu Cycle: **Spring/Summer** Cycle Date: **4/6/2015** To **9/20/2015** Week: **5**

Menu Name: **3279--Sample Spring/Summer Breakfast Menu**

Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	05/04/2015 06/15/2015 07/27/2015 09/07/2015	05/05/2015 06/16/2015 07/28/2015 09/08/2015	05/06/2015 06/17/2015 07/29/2015 09/09/2015	05/07/2015 06/18/2015 07/30/2015 09/10/2015	05/08/2015 06/19/2015 07/31/2015 09/11/2015
Entrée 1-2 servings	Grilled Mozzarella and Tomato Sandwich	Scrambled Eggs	Salmon Croquettes	American Frittata	Pork Sausage Link
Grains or Starches 1-2 servings		Oatmeal (1/2 cup) Whole Wheat Bread	Cornmeal (1/2 cup) Whole Wheat Bread	Oatmeal (1/2 cup) Whole Wheat Bread	Pancakes (2)
Fruit or Fruit Juice 1-2 servings	Banana Orange Juice	Orange Juice	Cantaloupe	Orange	Orange
Milk or Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free		Butter	Butter	Butter	Butter Pancake Syrup

Approved by: **Adriane Ackroyd**

Date Approved: **11/10/2014**

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Senior Center Name: **NYC Department for the Aging**

Menu Cycle: **Spring/Summer** Cycle Date: **4/6/2015** To **9/20/2015** Week: **6**

Menu Name: **3279--Sample Spring/Summer Breakfast Menu**

Menu Status: *** Approved ***

Menu Items	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	05/11/2015 06/22/2015 08/03/2015 09/14/2015	05/12/2015 06/23/2015 08/04/2015 09/15/2015	05/13/2015 06/24/2015 08/05/2015 09/16/2015	05/14/2015 06/25/2015 08/06/2015 09/17/2015	05/15/2015 06/26/2015 08/07/2015 09/18/2015
Entrée 1-2 servings	Hard Boiled Egg	Ham	Baked Egg Omelet	Canned Apricots Coconut Granola (1/4 cup) Plain Yogurt	Egg Frittata with Potatoes and Peas
Grains or Starches 1-2 servings	Maple Quinoa- Oatmeal Porridge Whole Wheat Bread	Banana Cinnamon French Toast (2)	Home Fries (pre- prepared) Whole Wheat Bread	Whole Wheat Bread	Grits (1/2 cup) Whole Wheat Bread
Fruit or Fruit Juice 1-2 servings	Orange	Orange Juice	Orange	Pineapple Juice	Banana Orange Juice
Milk or Yogurt 1 serving	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%	Milk, low fat, 1%
Condiments Ex. Oil, trans fat free	Butter	Butter Pancake Syrup	Butter	Butter	Butter

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