



Project FIND Coffeehouse Senior Center  
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## Breakfast Menu

Breakfast is served Monday - Friday from 9:00am - 10:30am  
 Milk and Bread Served with Meal

# January 19

Funded Under Contract with the NYC Department for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Center Closed	2 Grilled Chicken Breast Cheesy Home Fries Bran Flakes Cereal Pear Grape Juice	3 Hard Boiled Egg Cheerios Whole Wheat English Muffin Orange Juice	4 <b>Waffles and Strawberries</b> Turkey Link Sausage Oatmeal French Toast w/ pancake syrup Banana Orange Pineapple Juice
7 Grilled Chicken Breast Cheerios Whole Wheat Mini Bagel Canned Apricots Orange Juice	8 Baked Egg Omelette Grits Apple Grape Juice	9 Turkey Bacon w/ Lettuce & Tomatoes Bran Flakes Cereal Whole Wheat Mini Bagel Banana Pineapple Juice	10 Scrambled Eggs w/ Red Peppers and Onions Cheesy Home Fries Cheerios Grapefruit Apple Juice	11 <b>Waffles and Strawberries</b> Turkey Link Sausage Cinnamon French Toast Creamy Apple-Raisin Oatmeal Banana Orange Pineapple Juice
14 Grilled Mozzarella & Tomato Sandwich Cheerios Applesauce Grape Juice	15 Omelette w/ Peppers and Onions Bran Flakes Cereal Banana Orange Pineapple Juice	16 Baked Breaded Chicken Cutlet Cheerios Whole Wheat Mini Bagel Canned Pineapples Apple Juice	17 Stuffed Breakfast Potato Skins Farina Banana Pineapple Juice	18 <b>Waffles and Strawberries</b> Hard Boiled Egg Cheerios Whole Wheat Mini Bagel Banana Orange Juice
21 Turkey Link Sausage Grits French Toast w/ Pancake Syrup Orange Pineapple Juice	22 Stuffed Breakfast Potato Skins Bran Flakes Cereal Banana Apple Juice	23 Baked Breaded Chicken Cutlet Oatmeal Whole Wheat Mini Bagel Orange Juice	24 Center Closed	25 <b>Waffles and Strawberries</b> Western Omelette Cream of Wheat Canned Pineapple Grape Juice
28 Hard Boiled Egg Bran Flakes Cereal Whole Wheat Mini Bagel Apple Juice	29 Grilled Mozzarella and Tomato Sandwich Home Fries Cheerios Banana Pineapple Juice	30 Turkey Link Sausage O'Brien Potatoes Whole Wheat English Muffin Pear Orange Juice	31 Scrambled Eggs w/ Red Peppers and Onions Buttermilk Biscuit Cheerios Grapefruit/ Grape Juice	