



Project FIND CoffeehouseSenior Center
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Breakfast Menu

September 2019

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

Funded Under Contract with the NYC Department for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey Link Sausage Cheerios French Toast w/ Pancake Syrup Applesauce Orange Juice	3 Omelette w/ Peppers and Onions Cheesy Homefries Wheatena Banana Orange Pineapple Juice *Early Closing*	4 Closed Labor Day	5 Grilled Mozzarella and Tomato Sandwich Oatmeal Banana Pineapple Juice	6 Scrambled Eggs w/ Diced Peppers and Ham Grits Apple Grape Juice
9 Grilled Mozzarella and Tomato Sandwich Bran Flakes Cereal Orange Juice	10 Baked Egg Omelette Raisin Bran Cereal Whole Wheat English Muffin Banana Apple Juice	11 Turkey Link Sausage Bran Flakes Cereal Whole Wheat Mini Bagel Applesauce Orange Juice	12 Hard Boiled Egg Grits Whole Wheat Mini Bagel Canned Pears Grape Juice	13 Baked Turkey Breast Cheesy Home Fries Oatmeal Apple Orange Pineapple Juice
16 Hard Boiled Egg Bran Flakes Cereal Whole Wheat Mini Bagel Apple Juice	17 Grilled Mozzarella and Tomato Sandwich Cheerios Cheesy Home Fries Canned Pears Orange Juice	18 Turkey Link Sausage Grits Oat Bran French Toast w/ Pancake Syrup Banana Pineapple Juice	19 Scrambled Eggs w/ Red Peppers and Onions Bran Flakes Cereal Grape Juice	20 Turkey Bacon w/ Lettuce and Tomatoes Cheerios Banana Orange Pineapple Juice
23 Baked Egg Omelette Wheat Bran Wheatena Canned Apricots Apple Juice	24 Hard Boiled Egg Multigrain Cheerios Orange Juice Pineapple Juice	25 Turkey Sausage Patty Oatmeal Banana Grape Juice	26 Turkey Bacon w/ Lettuce and Tomato Bran Flakes Cereal Whole Wheat Mini Bagel Orange Juice/Apple	27 Scrambled Egg w/ Red Peppers and Onions Cheesy Grits Banana Orange Pineapple Juice
30 Omelette w/ Peppers and Onions Bran Flakes Cereal Apple Apple Juice				