



Project FIND Woodstock Senior Center
 127 West 43rd Street
 New York, NY 10036
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Breakfast Menu

Breakfast Served Tuesday to Sunday from 8:30 am to 10:00 am
 Bread, Milk, and Coffee or Tea Served Daily
 Suggested Contribution: \$1.25

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Funded Under Contract with the NYC Department for the Aging

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3
			Baked Breaded Chicken Cutlet Bran Flakes Cereal Whole Wheat Mini Bagel Orange Juice	Omelette w/ Peppers & Onions Turkey Bacon Bran Muffin Oat Bran Oatmeal Banana Grape Juice	Scrambled Eggs w/ Swiss Cheese Cheerios Orange Juice
5	6	7	8	9	10
Hard Boiled Egg Fiber One Cereal Whole Wheat Mini Bagel Orange Pineapple Juice	Turkey Sausage Link Creamy Apple-Raisin Oatmeal Home Fries Apple Grape Juice	Omelette w/ Peppers & Onions Bran Muffin Grits Orange Juice	Grilled Mozzarella & Tomato Sandwich Bran Flakes Cereal Grape Juice Orange	Scrambled Eggs Cheerios English Muffin Orange Pineapple Juice	Grilled Chicken Breast Home Fries Oatmeal Apple Juice Pear
12	13	14	15	16	17
Stuffed Breakfast Potato Skins Cheerios Orange Juice	Cheddar Cheese Whole Wheat English Muffin Home Fries w/ Peppers & Onions Apple Juice Orange	Lettuce & Tomato Turkey Bacon Bran Flakes Cereal Banana Orange Pineapple Juice	Center Closed Lincoln's Birthday Centers that are open: Coffeehouse & Hamilton	Omelette w/ Peppers & Onions Turkey Sausage Patty Bran Flakes Cereal Apple Juice Cantaloupe	Scrambled Eggs w/ Red Peppers & Onions Oatmeal Wheat Bran Canned Apricots Orange Pineapple Juice
19	20	21	22	23	24
Center Closed President's Day Center that are open: Coffeehouse & Hamilton	Western Omelette Buttermilk Biscuit Grits Orange Juice Pear	Grilled Cheese Cheerios Non-Fat Yogurt Grape Juice Orange	Baked Breaded Chicken Cutlet Whole Wheat English Muffin Wheatena Banana Orange Pineapple Juice	Baked Egg Omelette Oat Bran Oatmeal Apple Juice Orange	Egg a La Mexicana Toasted Oats Cereal Cantaloupe Orange Juice
26	27	28			
Grilled Cheese Oatmeal Wheat Bran Banana Orange Pineapple Juice	Baked Egg Omelette Turkey Sausage Patty Whole Wheat English Muffin Raisin Bran Cereal Grape Juice Orange	Grilled Mozzarella & Tomato - Sandwich Cheerios Canned Apricots Orange Juice			