



Project FIND Woodstock Senior Center  
 127 West 43rd Street  
 New York, NY 10036  
 (212)-575-0693, Fax 212-302-8239  
 E-mail: cthompson@projectfind.org

# Breakfast Menu

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

# May 2019

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Funded Under Contract with the NYC Department for the Aging

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5
	Stuffed Breakfast Potao Skins Raisin Bran Apple Orange Juice	Turkey Bacon French Toast Oatmeal/Wheat Bran Banana Orange Pineapple Juice	Baked Breaded Chicken Cutlet Bran Flakes Cereal Whole Wheat Mini Bagel Orange Juice	Omelette w/ Peppers and Onions Bran Muffin Oatmeal/Oat Bran Grape Juice	Scrambled Eggs Cheerios Pear Orange Juice
7	8	9	10	11	12
Stuffed Breakfast Potato Skins Cheerios Orange Juice	Cheddar Cheese Whole Wheat English Muffin Home Fries w/ Peppers and Onions Pear Apple Juice	Lettuce and Tomato Turkey Bacon Bran Flakes Cereal Whole Wheat Mini Bagel Banana Orange Pineapple Juice	Baked Breaded Chicken Cutlet Oatmeal/Oat Bran Apple Orange Juice	Omelette w/ Peppers and Onions Turkey Sausage Patty Bran Flakes Cereal Cantaloupe Apple Juice	Scrambled Eggs w/ Red Peppers Oatmeal/Wheat Bran Canned Apricots Orange Pineapple Juice
14	15	16	17	18	19
Baked Omelette Whole Wheat English Muffin Wheatena/Wheat Bran Canned Apricots Orange Juice	Hard Boiled Egg Multigran Cheerios Orange Orange Pineapple	Turkey Sausage Patty Homefries w/Peppers and Onions Oatmeal/Wheat Bran Cantaloupe Apple Juice	Lettuce and Tomato Turkey Bacon Grape Nuts Cheerios Whole Wheat Mini Bagel Banana Grape Juice	Scrambled Eggs w/ Peppers and Onions Turkey Sausage Link Cheesy Grits Apple Orange Juice	Omelette w/ Peppers and Onions Oatmeal/Oat Bran Canned Apricots Grape Juice
21	22	23	24	25	26
Hard Boiled Egg Oatmeal Wheat Bran Apple Juice Grape Juice	Western Omelette Buttermilk Biscuit Grits Pear Orange Juice	Grilled Cheese Cheerios Orange Grape Juice	<b>Center Closed for Memorial Day</b>  <b>Centers that are open:</b> <b>Clinton, Coffeehouse &amp; Hamilton</b> <b>Hamilton</b>	Egg a la Mexicana Oat Bran Oatmeal Whole Wheat Bread Canned Mandarin Oranges Apple Juice	Baked Egg Omelette Toasted Oats/Wheat Bran Canned Apricots Orange Juice
28	29	30	31		
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 and Onions Bran Muffin Grits Orange Juice	Grilled Mozzarella and Tamato Bran Flakes Cereal Orange Grape Juice		