



Project FIND Coffeehouse Senior Center
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Breakfast Menu

March 2019

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

Funded Under Contract with the NYC Department for the Aging

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Hard Boiled Egg Cheerios Whole Wheat Mini Bagel Banana Orange Juice
4 Turkey Link Sausage Grits French Toast Orange Pineapple Juice	5 Stuffed Breakfast Potato Skins Bran Flakes Cereal Banana Apple Juice	6 Baked Breaded Chicken Cutlet Oatmeal Whole Wheat Mini Bagel Orange Juice	7 Turkey Bacon w/ Lettuce & Tomato Fiber One Cereal Banana Orange Pineapple Juice	8 Western Omelette Cream of Wheat Canned Pineapples Grape Juice
11 Hard Boiled Egg Bran Flakes Cereal Whole Wheat Mini Bagel Apple Juice	12 Grilled Mozzarella and Tomato Sandwich Cheerios Home Fries Banana Pineapple Juice	13 Turkey Link Sausage O'Brien Potatoes Whole Wheat English Muffin Pear Orange Juice	14 Scrambled Eggs w/ Red Peppers and Onions Buttermilk Biscuit Cheerios Grapefruit Grape Juice	15 Grilled Chicken Breast Home Fries Whole Wheat Mini Bagel Banana Pineapple Juice
18 Hard Boiled Egg Bran Flakes Cereal Whole Wheat Mini Bagel Apple Orange Pineapple Juice	19 Grilled Mozzarella and Tomato Sandwich Cheerios Home Fries Canned Pears Grape Juice	20 Turkey Sausage Link Grits French Toast Banana Pineapple Juice	21 Scrambled Eggs w/ Swiss Bran Flakes Cereal Whole Wheat Bread Orange Juice	22 Grilled Chicken Breast Cheerios French Toast Whole Wheat Mini Bagel Banana/ Apple Juice
25 Omelette with Peppers and Onions Bran Flakes Cereal Canned Pineapple Apple Juice	26 Turkey Bacon w/ Lettuce and Tomato Honey Nut Cheerios Whole Wheat Mini Bagel Banana Pineapple Juice	27 Grilled Chicken Breast Bran Flakes Cereal Cheesy Home Fries Pear Grape Juice	28 Hard Boiled Egg Cheerios Whole Wheat English Muffin Orange Juice	29 Turkey Link Sausage Oatmeal French Toast Banana Orange Pineapple Juice