



Project FIND Woodstock Senior Center  
 127 West 43rd Street  
 New York, NY 10036  
 (212)-575-0693, Fax 212-302-8239

# 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

# March 2019

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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 Home Fries/Peppers & Onions Toasted Oats Cereal Apple Juice	Egg a la Mexicana Grits Whole Wheat Mini Bagel Grape Juice Banana	Scrambled Eggs w/ Red Pepper & Onions Oatmeal Orange Juice Pear
5	6	7	8	9	10
Baked Egg Omelette Whole Wheat English Muffin Wheatena/Wheat Bran Orange Juice Canned Apricots	Hard Boiled Egg Multigrain Cheerios Orange Pineapple Juice Orange	Turkey Sausage Patty Home Fries with Peppers & Onions Oatmeal/Wheat Bran Apple Juice Cantaloupe	Lettuce & Tomato/Turkey Bacon Grape Nuts Cereal Whole Wheat Mini Bagel Grape Juice Banana	Scrambled Eggs w/ Red Peppers & Onions Cheesy Turkey Sausage Link Cheesy Grits Orange Juice Apple	Omelette w/ Peppers & Onions Oatmeal/Oat Bran Grape Juice Canned Apricots
12	13	14	15	16	17
Turkey Sausage Link Cheesy Home Fries Whole Wheat Mini Bagel Apple Juice	Stuffed Breakfast Potato Skins Raisin Bran Cereal Orange Juice Apple	Turkey Bacon French Toast Oatmeal/Wheat Bran Orange Pineapple Juice Banana	Baked Breaded Chicken Cutlet Bran Flakes Cereal Whole Wheat Mini Bagel Orange Juice	Omelette w/ Peppers & Onions Turkey Bacon Bran Muffin Oatmeal/Oat Bran Grape Juice	Scrambled Eggs w/Swiss Cheerios Orange Juice
19	20	21	22	23	24
Hard Boiled Egg Fiber One Cereal 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
26	27	28	29	30	31
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 Orange Pineapple Juice Banana	Baked Breaded Chicken Cutlet Oatmeal/Oat Bran Orange Juice Apple	Omelette w/ Peppers & Onions Turkey Sausage Patty Bran Flakes Cereal Apple Juice Cantaloupe	Scrambled Eggs w/ Red Peppers & Onions Oatmeal/Wheat Bran Orange Pineapple Juice Canned Apricots