



Department for the Aging

## BREAKFAST MEAL CALENDAR MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Scrambled Eggs Veggie Sausage Patty Raisin Bran Cereal WW Mini Bagel Fruit, Juice, Milk	4 Tropical Waffles with Mangoes and Whipped Cream Oatmeal Cottage Cheese Fruit, Juice, Milk	5 Shakshuka WW Pita Home Fries Bran Flakes Cereal Fruit, Juice, Milk	6 WW Cinnamon French Toast Raisin Bran Cereal Yogurt Parfait with Blueberries Fruit, Juice, Milk	7 WW Grilled Mozzarella and Tomato Sandwich Oatmeal Fruit, Juice, Milk
10 Cinnamon Raisin Bagel Hard Boiled Egg Oatmeal Veggie Sausage Patty Fruit, Juice, Milk	11 Pancakes Yogurt Parfait with Peaches Bran Flakes Cereal Fruit, Juice, Milk	12 Egg Frittata with Potatoes and Peas Veggie Sausage Patty Raisin Bran Cereal Fruit, Juice, Milk	13 Tropical Waffles with Mangoes and Whipped Cream Bran Flakes Cottage Cheese Fruit, Juice, Milk	14 Cheddar and Potato Bake Mini Croissant Toasted Oats Cereal Fruit, Juice, Milk
17 Egg a la Mexicana Fresh Tomato Salsa WW Tortilla Home Fries Oatmeal Fruit, Juice, Milk	18 WW Cinnamon French Toast Raisin Bran Cereal Yogurt Parfait with Strawberries Fruit, Juice, Milk	19 Meatless Eggs Benedict Lettuce and Tomato Home Fries with Peppers and Onions Toasted Oats Cereal Fruit, Juice, Milk	20 Pancakes Bran Muffin Yogurt Parfait with Peaches Fruit, Juice, Milk	21 Cheese Blintzes Cinnamon Raisin Bagel Farina Fruit, Juice, Milk
24 Scrambled Eggs Veggie Sausage Patty Raisin Bran Cereal WW Mini Bagel Fruit, Juice, Milk	25 Tropical Waffles with Mangoes and Whipped Cream Oatmeal Cottage Cheese Fruit, Juice, Milk	26 Shakshuka WW Pita Home Fries Raisin Bran Flakes Cereal Fruit, Juice, Milk	27 WW Cinnamon French Toast Raisin Bran Cereal Yogurt Parfait with Bluerberries Fruit, Juice, Milk	28 WW Grilled Mozzarella and Tomato Sandwich Oatmeal Fruit, Juice, Milk
	t   Monday – Friday   9:00 AM – 10:00 AM   2nd old @9:55AM to sit down and eat. Everyone m		MEAL KEY: WW= Whole Whe	at







## LUNCH MEAL CALENDAR MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Vegetarian Three Bean Chili Brown Rice Garden Salad Fruit and Milk	4 BBQ Chicken Leg Quarters Baked Macaroni and Cheese WW Dinner Roll California Blend Vegetables Fruit and Milk	5 Beef Hamburger WW Hamburger Bun Cole Slaw French Fries Fruit and Milk	6 Sweet and Sour Pork with Pineapple Brown Rice Broccoli with Toasted Garlic Fruit and Milk	7 Citrus Sesame Crusted Salmon Couscous with Peas and Lemon Baked Sweet Potato Fruit and Milk
10 California Veggie Burger WW Hamburger Bun French Fries Coleslaw Fruit and Milk	11 General Tso's Chicken Yellow Rice Steamed Broccoli Fruit and Milk	12 Mushroom Gravy Turkey Meatloaf WW Dinner Roll California Blend Vegetables Mashed Potatoes Fruit and Milk	13 BBQ Pulled Pork WW Hamburger Bun Cole Slaw Southern Style Baked Navy Beans Fruit and Milk	14 Salmon in Garlic Butter Sauce Challah Bread Beet Salad with Yogurt Dressing Cauliflower Rice Fruit, and Milk
17 Meaty Mushroom and Cauliflower Bolognese WW Bread Arugula Salad with Balsamic Vinaigrette Fruit and Milk	18 Chicken Parmesan Whole Wheat Pasta California Blend Vegetables Fruit and Milk	19 Beef Stir Fry with Broccoli and Carrots White Rice Asian Style Cucumber Salad Fruit and Milk	20 Pork Roast with Mango Chutney WW Dinner Roll Cauliflower and Potato Mash Fruit and Milk	21 Baked Salmon with Cilantro Citrus Sauce Black Beans and Rice Baby Carrots with Parsley Fruit and Milk
24 Vegetarian Three Bean Chili Brown Rice Garden Salad Fruit and Milk	25 BBQ Chicken Leg Quarters Baked Macaroni and Cheese WW Dinner Roll California Blend Vegetables Fruit and Milk	26 Beef Hamburger WW Hamburger Bun Cole Slaw French Fries Fruit and Milk	27 Sweet and Sour Pork with Pineapple Brown Rice Broccoli with Toasted Garlic Fruit and Milk	28 Citrus Sesame Crusted Salmon Couscous with Peas and Lemon Baked Sweet Potato Fruit and Milk
31 California Veggie Burger WW Hamburger Bun French Fries Coleslaw Fruit and Milk				
Seating starts @11:00AM. Last ticket sold	 ay   12:00 PM – 1:00 PM   2nd FL. Dining Ro d @12:55PM to sit down and eat. Everyone NY 10003 Contact: email sirovich@14stre	must finish eating by 1:30PM*	: WW= Whole Wheat	