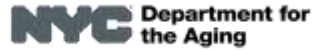


BREAKFAST MEAL CALENDAR OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cinnamon French Toast Raisin Bran Cereal Yogurt Parfait with Strawberries Fruit, Juice and Milk	2 Eggs Benedict Mixed Greens & Grape Tomato Home Fries with Peppers and Onions Toasted Oats Cereal Fruit, Juice and Milk	3 Center Closed for Rosh Hashanah	4 Center Closed for Rosh Hashanah
7 Scrambled Eggs Veggie Sausage Patty Whole Wheat Mini Bagel Raisin Bran Cereal Fruit, Juice and Milk	8 Waffles with Mangoes and Whipped Cream Oatmeal Cottage Cheese Fruit, Juice and Milk	9 Shakshuka Home Fries Raisin Bran Cereal WW Pita Fruit, Juice and Milk	10 Cinnamon French Toast Toasted Oats Cereal Yogurt Parfait with Blueberries Fruit, Juice and Milk	11 Grilled Mozzarella and Tomato Sandwich Oatmeal Fruit, Juice and Milk
14 Hard Boiled Eggs Cinnamon Raisin Bagel Oatmeal Fruit, Juice and Milk	15 Blueberry Pancakes Bran Flakes Cereal Yogurt Parfait with Strawberries Fruit, Juice and Milk	16 Egg Frittata with Potatoes and Peas Raisin Bran Cereal Veggie Sausage Patty Fruit, Juice and Milk	17 Tropical Waffles with Mangoes and Whipped Cream Bran Flakes Cereal Cottage Cheese Fruit, Juice and Milk	18 Cheddar and Potato Bake Mini Croissant Toasted Oats Cereal Fruit, Juice and Milk
21 Egg a la Mexicana Home Fries Oatmeal WW Tortilla Fruit, Juice and Milk	22 Cinnamon French Toast Raisin Bran Cereal Yogurt Parfait with Strawberries Fruit, Juice and Milk	23 Eggs Benedict Mixed Greens & Grape Tomato Home Fries with Peppers and Onions Toasted Oats Cereal Fruit, Juice and Milk	24 Pancakes Bran Cereal Yogurt Parfait with Peaches Fruit, Juice and Milk	25 Cheese Blintzes Cinnamon Raisin Bagel Farina Fruit, Juice and Milk
28 Scrambled Eggs Pork Sausage Link Raisin Bran Cereal WW Mini Bagel Fruit, Juice and Milk	29 Waffles w/Mangoes and Whipped Cream Oatmeal Cottage Cheese Fruit, Juice and Milk	30 Shakshuka Home Fries Raisin Bran Cereal WW Pita Fruit, Juice and, Milk	31 Cinnamon French Toast Toasted Oats Cereal Yogurt Parfait with Blueberries Fruit, Juice and Milk	

Meal Information: In Person Breakfast | Monday – Friday | 9:00 AM – 10:00 AM | 2nd FL. Dining Room
Seating starts @8:30AM. Last ticket sold @9:55AM to sit down and eat. Everyone must finish eating by 10:30AM*
Address: 331 East 12th Street, New York NY 10003 Contact: email sirovich@14streety.org or call 646-395-4534

MEAL KEY: WW= Whole Wheat



LUNCH MEAL CALENDAR OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Parmesan WW Pasta Cali Blend Vegetables Fruit and Milk	2 Beef Stir Fry with Broccoli and Carrots White Rice Asian Cucumber Salad Fruit and Milk	3 Center Closed for Rosh Hashanah	4 Center Closed for Rosh Hashanah
7 Vegetarian Three Bean Chili Brown Rice Corn Bread Garden Salad Fruit and Milk	8 BBQ Chicken Leg Macaroni and Cheese WW Dinner Roll Cali Blend Vegetables Fruit and Milk	9 Beef Hamburger WW Hamburger Bun Cole Slaw French Fries Fruit and Milk	10 Sweet and Sour Pork with Pineapple Brown Rice Broccoli w Toasted Garlic Fruit and Milk	11 Citrus Sesame Crusted Salmon Couscous with Peas and Lemon Baked Sweet Potato Fruit and Milk
14 California Veggie Burger WW Hamburger Bun French Fries Tossed Salad with Dressing Fruit and Milk	15 General Tso's Chicken Yellow Rice Steamed Broccoli Fruit and Milk	16 Turkey Meatloaf with Mushroom Gravy WW Dinner Roll Cali Blend Vegetables Mashed Potatoes Fruit and Milk	17 BBQ Pulled Pork WW Hamburger Bun Cole Slaw Southern Style Baked Navy Beans Fruit and Milk	18 Salmon in Garlic Butter Sauce Cauliflower Rice Challah Bread Beet Salad with Yogurt Dressing Fruit and Milk
21 Meaty Mushroom and Cauliflower Bolognese Brown Rice WW Bread Arugula Salad with Balsamic Vinaigrette Fruit and Milk	22 Chicken Parmesan WW Pasta Cali Blend Vegetables Fruit and Milk	23 Beef Stir Fry with Broccoli and Carrots White Rice Asian Cucumber Salad Fruit and Milk	24 Pork Roast with Mango Chutney WW Dinner Roll Cauli and Potato Mash Fruit and Milk	25 Baked Salmon with Cilantro Citrus Sauce Black Beans and Rice Carrots with Parsley Fruit and Milk
28 Vegetarian Three Bean Chili Brown Rice Garden Salad Fruit and Milk	29 BBQ Chicken Leg Macaroni and Cheese WW Dinner Roll Cali Blend Vegetables Fruit and Milk	30 Beef Hamburger WW Hamburger Bun Cole Slaw French Fries Fruit and Milk	31 Sweet and Sour Pork with Pineapple Brown Rice Broccoli w Toasted Garlic Fruit and Milk	

Meal Information: Lunch | Monday – Friday | 12:00 PM – 1:00 PM | 2nd FL. Dining Room

MEAL KEY: WW= Whole Wheat

Seating starts @11:00AM. Last ticket sold @12:55PM to sit down and eat. Everyone must finish eating by 1:30PM*

Address: 331 East 12th Street, New York NY 10003 Contact: email sirovich@14streety.org or call 646-395-4534