

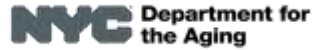


BREAKFAST MEAL CALENDAR NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Grilled Mozzarella and Tomato WW Sandwich Oatmeal Fruit, Milk, and Juice
4 Cinnamon Raisin Bagel Hard Boiled Egg Oatmeal Turkey Sausage Patty Fruit, Milk, and Juice	5 Center Closed for Election Day	6 Egg Frittata with Potatoes and Peas Raisin Bran Cereal Veggie Sausage Patty Fruit, Milk, and Juice	7 Bran Flakes Cereal Tropical Waffles with Mangoes and Whipped Cream Cottage Cheese Fruit, Milk, and Juice	8 Cheddar and Potato Bake Mini Croissant Toasted Oats Cereal Fruit, Milk, and Juice
11 Egg a la Mexicana Home Fries Instant Plain Oatmeal Whole Wheat Tortilla Fresh Tomato Salsa (Pico de Gallo) Fruit, Milk, and Juice	12 Cinnamon WW French Toast Raisin Bran Cereal Yogurt Parfait with Strawberries Fruit, Milk, and Juice	13 Home Fries with Peppers and Onions Meatless Eggs Benedict Toasted Oats Cereal Lettuce and Tomato Fruit, Milk, and Juice	14 Bran Muffin Pancakes Yogurt Parfait with Peaches Fruit, Milk, and Juice	15 Cheese Blintzes Berry Sauce Cinnamon Raisin Bagel Farina Fruit, Milk, and Juice
18 Raisin Bran Cereal Scrambled Eggs Veggie Sausage Patty Whole Wheat Mini Bagel Fruit, Milk, and Juice	19 Oatmeal Tropical Waffles with Mangoes and Whipped Cream, Pancake Syrup Cottage Cheese Veggie Sausage Patty (pre-prepared)	20 Home Fries Raisin Bran Cereal Shakshuka Whole Wheat Pita Fruit, Milk, and Juice	21 Cinnamon Whole Wheat French Toast, Pancake Syrup Toasted Oats Cereal Yogurt Parfait with Blueberries Fruit, Milk, and Juice	22 Grilled Mozzarella and Tomato WW Sandwich Oatmeal Fruit, Milk, and Juice
25 Cinnamon Raisin Bagel Hard Boiled Egg Fresh Tomato Salsa (Pico de Gallo) Fruit, Milk, and Juice	26 Blueberry Pancakes, Pancake Syrup Bran Flakes Cereal Yogurt Parfait with Strawberries Fruit, Milk, and Juice	27 Egg Frittata with Potatoes and Peas Raisin Bran Cereal Veggie Sausage Patty Fruit, Milk, and Juice	28 Center for Closed for Thanksgiving	29 Center for Closed for Thanksgiving

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 NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Citrus Sesame Crusted Salmon Couscous with Peas and Lemon Baked Sweet Potato Fruit and Milk
4 California Veggie Burger WW Hamburger Bun French Fries Tossed Salad with Dressing Fruit and Milk	5 Center Closed for Election Day	6 Mushroom Gravy Turkey Meatloaf Whole Wheat Dinner Roll California Blend Vegetables Mashed Potatoes Fruit and Milk	7 BBQ Pulled Pork WW Hamburger Bun Cole Slaw Southern Style Baked Navy Beans Fruit, and Milk	8 Salmon in Garlic Butter Sauce Challah Bread Beet Salad with Yogurt Dressing Cauliflower Rice Fruit, and Milk
11 Meaty Mushroom and Cauliflower Bolognese WW Bread Arugula Salad with Balsamic Vinaigrette Fruit and Milk	12 Chicken Parmesan WW Pasta California Blend Vegetables Fruit, and Milk	13 Beef Stir Fry with Broccoli and Carrots White Rice Asian Style Cucumber Salad Fruit, and Milk	14 Pork Roast with Mango Chutney Whole Wheat Dinner Roll Cauliflower and Potato Mash Fruit, and Milk	15 Baked Salmon with Cilantro Citrus Sauce Black Beans and Rice Baby Carrots with Parsley Fruit, and Milk
18 Vegetarian Three Bean Chili Brown Rice Garden Salad Fruit, and Milk	19 BBQ Chicken Leg Baked Macaroni and Cheese Whole Wheat Dinner Roll California Blend Vegetables Fruit, and Milk	20 Beef Hamburger Whole Wheat Hamburger Bun Cole Slaw French Fries Fruit, and Milk	21 Sweet and Sour Pork with Pineapple Brown Rice Broccoli with Toasted Garlic Fruit, and Milk	22 Thanksgiving Luncheon 1st Seating: 11:30 AM – 12:30 PM 2nd Seating: 12:45 PM – 1:45 PM Tickets available Wednesday, November 6
25 California Veggie Burger WW Hamburger Bun French Fries Tossed Salad with Dressing Fruit, and Milk	26 General Tso's Chicken Yellow Rice Steamed Broccoli Fruit, and Milk	27 Mushroom Gravy Turkey Meatloaf Whole Wheat Dinner Roll California Blend Vegetables Mashed Potatoes Fruit, and Milk	28 Center for Closed for Thanksgiving	29 Center for Closed for Thanksgiving

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*

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