



# LUNCH MENU JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>In Person Lunch   Monday – Friday</b> 12:00 – 12:45 PM   2nd FL Dining Room All members must arrive by 12:30 to sit down and eat, and finish eating by 12:45 PM*</p> <p><b>Grab and Go Breakfast and Lunch</b> Monday – Friday   1:15 – 1:45 PM</p>		<p><b>1</b> Baked Breaded Pork Chops Whole Wheat Bread Brown Rice with Mushrooms Roasted Broccoli Pineapple ) Milk, low fat, 1%</p>	<p><b>2</b> Homemade Hamburger Whole Wheat Bun Garden Salad Potato Salad Orange Milk, low fat, 1%</p>	<p><b>3</b> Coconut Curried Fish Rice Pilaf Whole Wheat Bread Yellow Plantains Honeydew Plain Yogurt</p>
<p><b>6</b> Pasta Primavera Garlic Bread Arugula Salad with Balsamic Vinegar Tomato Sauce (pre-prepared) (1/2 cup) Orange, Milk, low fat, 1%</p>	<p><b>7</b> Baked Turkey Breast Whole Wheat Dinner Roll Baked Sweet Potato Steamed Cauliflower, Apple Milk, low fat, 1%</p>	<p><b>8</b> Fillet of Fish Sandwich Coleslaw (Pre-prepared) Lettuce and Tomato Roasted Sweet Potato Fries, Kiwi Milk, low fat, 1%</p>	<p><b>9</b> Boneless Beef Ribs WW Dinner Roll Broccoli and Red Peppers Cauliflower and Potato Mash Mango, Plain Yogurt</p>	<p><b>10</b> Baked White Fish with Garlic Crumb Crust, Challah Bread Mixed Vegetables Potato Pancake Applesauce Milk, low fat, 1%</p>
<p><b>13</b> Apple Milk, low fat, 1% Chocolate Pudding Chicken Salad Cornbread Four Bean Salad</p>	<p><b>14</b> Tofu Broccoli Curry Multigrain Flatbread Rounds Perfect White Rice Moong Dal (Whole Green Bean) Fruit Cocktail Milk, low fat, 1%</p>	<p><b>15</b> Roast Beef Whole Wheat Dinner Roll Garlic Mashed Potatoes Garlicky Boiled Vegetables Canned Pineapple Milk, low fat, 1%</p>	<p><b>16</b> Grilled Maple Chipotle Pork Chops Whole Wheat Dinner Roll, Cole Slaw Potato Pancake, Applesauce Banana, Milk, low fat, 1%</p>	<p><b>17</b> Citrus Sesame Crusted Salmon Rice with Vegetables Broccoli with Toasted Garlic Orange Milk, low fat, 1%</p>
<p><b>20</b> <b>CLOSED FOR JUNETEENTH</b></p>	<p><b>21</b> Mexican Style Chicken Thighs Spanish Rice Whole Wheat Bread Baby Spinach Salad Mango Milk, low fat, 1%</p>	<p><b>22</b> Pork Spare Ribs Whole Wheat Dinner Roll Braised Collard Greens Warm Potato Salad Pineapple (Fresh) (1/2 cup) Milk, low fat, 1%</p>	<p><b>23</b> Homemade Hamburger Whole Wheat Bun, Garden Salad Potato Salad Orange Milk, low fat, 1%</p>	<p><b>24</b> Baked Whiting Fish Fillets Rice Pilaf Whole Wheat Dinner Roll Black Eyed Pea Salad Pineapple (Fresh) (1/2 cup) Milk, low fat, 1%</p>
<p><b>27</b> Baked Chicken Quarters Whole Wheat Dinner Roll Baked Sweet Potato Broccoli with Toasted Garlic Canned Pineapple Milk, low fat, 1%</p>	<p><b>28</b> Turkey Meatloaf with Mushroom Gravy, Challah Bread Instant Mashed Potatoes Steamed Cauliflower Banana Milk, low fat, 1%</p>	<p><b>29</b> Vegetarian Lasagna Garlic Bread Arugula Salad with Balsamic Vinegar Sliced Canned Peaches Milk, low fat, 1%</p>	<p><b>30</b> Breaded Pork Loin Quinoa with Black Beans and Corn Whole Wheat Dinner Roll Sautéed String Beans Fruit Cocktail Milk, low fat, 1%</p>	<p><b>Happy Pride Month &amp; Happy Juneteenth &amp; Happy Fathers Day!</b></p> <p><b>Funded by</b> </p>

# BREAKFAST MENU JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>For general inquiries, please contact us at:</b>  <b>Email: <a href="mailto:OASinfo@edalliance.org">OASinfo@edalliance.org</a>   Tel: 646-395-4534</b></p> <p><b>Address: 331 East 12<sup>th</sup> Street, New York, NY 10003</b>  <b>Website: <a href="https://edalliance.org/community-centers-programs/sirovich/">https://edalliance.org/community-centers-programs/sirovich/</a></b></p>		<p><b>1</b>            Western Frittata            English Muffin, Whole Wheat            Toasted Oats Cereal            Orange            Milk, low fat, 1%            Butter</p>	<p><b>2</b>            French Toast (pre-prepared)            Pork Breakfast Sausage Patty            Bran Flakes Cereal            Banana, Orange Juice            Milk, low fat, 1%            Pancake Syrup</p>	<p><b>3</b>            Cottage Cheese Low Sodium            Corn Muffin (pre-prepared)            Grape Juice, Unsweetened            Sliced Canned Peaches            Milk, low fat, 1%            Butter</p>
<p><b>6</b>            Lettuce and Tomato            Tuna Fish Salad            Farina            Whole Wheat Mini Bagel            Apple            Orange Juice            Milk, low fat, 1%</p>	<p><b>7</b>            Pancakes (pre-prepared)            Turkey Sausage Patty            Raisin Bran Cereal            Apple Juice            Banana            Milk, low fat, 1%            Pancake Syrup</p>	<p><b>8</b>            Farmers Market Individual Omelets            Mini Croissant            Oatmeal (1 cup)            Orange            Orange Pineapple Juice            Milk, low fat, 1%</p>	<p><b>9</b>            Pork Sausage Link            Waffles (Pre-Prepared)            Toasted Oats Cereal            Blueberries            Orange            Milk, low fat, 1%            Pancake Syrup</p>	<p><b>10</b>            Blueberry Muffin (pre-prepared)            Bran Flakes Cereal            Strawberries            Milk, low fat, 1%            Yogurt non-fat            Butter</p>
<p><b>13</b>            Scrambled Eggs            Home Fries with Peppers and Onions            Whole Wheat Bread            Fruit Cocktail            Orange Pineapple Juice            Milk, low fat, 1%            Butter</p>	<p><b>14</b>            French Toast (pre-prepared) (2)            Turkey Sausage Patty            Farina            Apple            Grape Juice, Unsweetened            Milk, low fat, 1%</p>	<p><b>15</b>            Milk, low fat, 1%            Butter            Salmon Egg Frittata with Potatoes and Peas            Toasted Oats Cereal            Whole Wheat Mini Bagel            Apple Juice            Orange</p>	<p><b>16</b>            Pancakes (pre-prepared)            Pork Sausage Link            Raisin Bran Cereal            Banana            Orange Juice            Milk, low fat, 1%</p>	<p><b>17</b>            Coconut Granola 1/4 cup            Yogurt non-fat            Blueberry Muffin (pre-prepared)            Oatmeal (1 cup)            Orange Pineapple Juice            Milk, low fat, 1%</p>
<p><b>20</b>  <b>CLOSED FOR            JUNETEENTH</b></p>	<p><b>21</b>            Turkey Sausage Patty            Waffles (Pre-Prepared)            Raisin Bran Cereal            Apple            Orange Pineapple Juice            Milk, low fat, 1% (2)            Pancake Syrup</p>	<p><b>22</b>            Western Frittata            English Muffin, Whole Wheat            Toasted Oats Cereal            Orange            Milk, low fat, 1% (2)            Grape Jelly</p>	<p><b>23</b>            French Toast (pre-prepared)            Pork Breakfast Sausage Patty            Bran Flakes Cereal            Banana            Orange Juice            Milk, low fat, 1% (2)            Pancake Syrup</p>	<p><b>24</b>            Cottage Cheese Low Sodium            Corn Muffin (pre-prepared)            Grape Juice, Unsweetened            Sliced Canned Peaches            Milk, low fat, 1% (2)            Butter</p>
<p><b>27</b>            Lettuce and Tomato            Tuna Fish Salad            Farina            Whole Wheat Mini Bagel            Apple            Orange Juice            Milk, low fat, 1%</p>	<p><b>28</b>            Pancakes (pre-prepared)            Turkey Sausage Patty            Raisin Bran Cereal            Apple Juice            Banana            Milk, low fat, 1%            Pancake Syrup</p>	<p><b>29</b>            Farmers Market Individual Omelets            Mini Croissant            Oatmeal (1 cup)            Orange            Orange Pineapple Juice            Milk, low fat, 1%</p>	<p><b>30</b>            Pork Sausage Link            Waffles (Pre-Prepared)            Toasted Oats Cereal            Blueberries            Orange            Milk, low fat, 1%            Pancake Syrup</p>	<p><b>Funded by</b>  </p>