

# BREAKFAST MENU AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Egg a la Mexicana Bran Flakes Cereal Whole Wheat Tortilla Juice, Fruit and Milk	<b>2</b> Turkey Sausage Patty Waffles (Pre-Prepared) Raisin Bran Cereal Juice, Fruit and Milk Pancake Syrup	<b>3</b> Western Frittata English Muffin, Whole Wheat Toasted Oats Cereal Juice, Fruit and Milk Grape Jelly	<b>4</b> French Toast (pre-prepared) Pork Breakfast Sausage Patty Bran Flakes Cereal Juice, Fruit and Milk Pancake Syrup	<b>5</b> Shakshuka –Middle Eastern Eggs in Tomato Sauce Home Fries Pita Bread Bran Flakes Cereal Juice, Fruit and Milk
<b>8</b> Blueberry Muffin (pre-prepared) Farina Strawberries Milk, low fat, 1% Yogurt non-fat Butter	<b>9</b> Pancakes (pre-prepared) Turkey Sausage Patty Raisin Bran Cereal Juice, Fruit and Milk Pancake Syrup	<b>10</b> Farmers Market Individual Omelets Mini Croissant Oatmeal (1 cup) Juice, Fruit and Milk	<b>11</b> Pork Sausage Link Waffles (Pre-Prepared) Toasted Oats Cereal, Blueberries Juice, Fruit and Milk Pancake Syrup	<b>12</b> Lettuce and Tomato Tuna Fish Salad Bran Flakes Cereal Whole Wheat Mini Bagel Juice, Fruit and Milk
<b>15</b> Scrambled Eggs Home Fries with Peppers and Onions Pork or Turkey Sausage Whole Wheat Bread Juice, Fruit and Milk Butter	<b>16</b> French Toast (pre-prepared (2) Turkey Sausage Patty Farina Juice, Fruit and Milk Pancake Syrup	<b>17</b> Salmon Egg Frittata with Potatoes and Peas Toasted Oats Cereal Whole Wheat Mini Bagel Juice, Fruit and Milk, Butter	<b>18</b> Coconut Granola 1/4 cup Yogurt non-fat Blueberry Muffin (pre-prepared) Oatmeal (1 cup) Juice, Fruit and Milk Pancake Syrup	<b>19</b> Pancakes (pre-prepared) Pork Sausage Link Raisin Bran Cereal Juice, Fruit and Milk
<b>22</b> Egg a la Mexicana Bran Flakes Cereal Whole Wheat Tortilla Juice, Fruit and Milk	<b>23</b> Turkey Sausage Patty Waffles (Pre-Prepared) Raisin Bran Cereal Juice, Fruit and Milk Pancake Syrup	<b>24</b> Cottage Cheese Low Sodium Corn Muffin (pre-prepared) Juice, Fruit and Milk Butter	<b>25</b> French Toast (pre-prepared) Pork Breakfast Sausage Patty Bran Flakes Cereal Juice, Fruit and Milk, Pancake Syrup	<b>26</b> Western Frittata English Muffin, Whole Wheat Toasted Oats Cereal Juice, Fruit and Milk Butter
<b>29</b> Lettuce and Tomato Tuna Fish Salad Farina Whole Wheat Mini Bagel Juice, Fruit and Milk	<b>30</b> Yogurt, Non-Fat Blueberry Muffin (pre-prepared) Bran Flakes Cereal Juice, Fruit and Milk, Butter	<b>31</b> Farmers Market Individual Omelets Mini Croissant Oatmeal (1 cup) Juice, Fruit and Milk	<b>In Person Breakfast   Monday – Friday</b> 8:30 – 10:30 AM   2 <sup>nd</sup> FL Dining Room All members must arrive by 9:55 to sit down and eat, and finish eating by 10:30 AM*  <b>Email: <a href="mailto:OASinfo@edalliance.org">OASinfo@edalliance.org</a>   Tel: 646-395-4534</b> <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>	

# LUNCH MENU AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Vegetarian Chili Brown Rice (1 cup) Cornbread Mixed Green Salad Fruit and Milk	<b>2</b> Mexican Style Chicken Thighs and Rice, Spanish Rice Whole Wheat Bread Baby Spinach Salad with Lemon Vinaigrette, Fruit and Milk	<b>3</b> Pork Spare Ribs WW Dinner Roll Braised Collard Greens Warm Potato Salad Fruit and Milk	<b>4</b> Homemade Hamburger Bun, Whole Wheat Garden Salad Roasted Sweet Potato Fries Fruit and Milk	<b>5</b> Baked Fish with Mushrooms and Peppers Rice Pilaf Whole Wheat Dinner Roll Black Eyed Pea Salad Fruit and Milk
<b>8</b> Baked Chicken Quarters Whole Wheat Dinner Roll Baked Sweet Potato Broccoli with Toasted Garlic Fruit and Milk	<b>9</b> Turkey Meatloaf with Mushroom Gravy, Challah Bread Instant Mashed Potatoes Steamed Cauliflower Fruit and Milk	<b>10</b> Vegetarian Lasagna Garlic Bread Arugula Salad with Balsamic Vinaigrette Fruit and Milk	<b>11</b> Breaded Pork Loin Quinoa with Black Beans and Corn Whole Wheat Dinner Roll Sauteed String Beans Fruit and Milk	<b>12</b> Salmon in Garlic Butter Sauce Whole Wheat Dinner Roll Yellow Rice and Pigeon Peas Baby Spinach Salad with Lemon Vinaigrette Fruit and Milk
<b>15</b> Baked Breaded Fish Whole Wheat Dinner Roll Sauteed Green Beans Spiced Sweet Potatoes Fruit and Milk	<b>16</b> Mexican Style Chicken Thighs and Rice Whole Wheat Dinner Roll Baby Spinach Salad with Lemon Vinaigrette, Fruit and Milk	<b>17</b> Baked Ziti with Ricotta Garlic Bread Arugula Salad with Balsamic Vinaigrette Fruit and Milk	<b>18</b> Smothered Pork Chops Cornbread Cauliflower Mash Corn and Peas Fruit and Milk	<b>19</b> Teriyaki Baked Fish Chinese Style Spaghetti Asian Cabbage Yellow Squash Fruit and Milk
<b>22</b> Stuffed Shells (Pre-Prepared) Garlic Bread Mixed Green Salad Roasted Broccoli Fruit and Milk	<b>23</b> Baked Mushroom Chicken Whole Wheat Bread Cauliflower and Potato Mash Garden Salad Fruit and Milk	<b>24</b> Apricot-Glazed Pork Chops Whole Wheat Bread Brown Rice with Mushrooms Roasted Broccoli Fruit and Milk	<b>25</b> Homemade Hamburger Bun Whole Wheat Garden Salad Potato Salad Fruit and Milk	<b>26</b> Coconut Curried Fish Rice Pilaf Whole Wheat Bread Yellow Plantains Fruit and Milk
<b>29</b> Pasta Primavera, Garlic Bread Arugula Salad with Balsamic Vinaigrette Tomato Sauce (pre-prepared:1/2 cup), Fruit and Milk	<b>30</b> Baked Turkey Breast Whole Wheat Dinner Roll Baked Sweet Potato Steamed Cauliflower Fruit and Milk	<b>31</b> Fillet of Fish Sandwich Coleslaw (Pre-prepared) Lettuce and Tomato Tater Tots Fruit and Milk	<b>In Person Lunch   Monday – Friday</b> 11:30 AM – 1:30 PM   2nd FL Dining Room All members must arrive by 12:55 to sit down and eat, and finish eating by 1:30 PM*  <b>Funded by</b> 	