


BREAKFAST MENU SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
In Person Breakfast Monday – Friday 8:30 – 10:30 AM 2 nd FL Dining Room All members must arrive by 9:55 to sit down and eat. Everyone must finish eating by 10:30 AM* Email: OASinfo@edalliance.org Tel: 646-395-4534 Address: 331 East 12th Street, New York, NY 10003 Website: https://edalliance.org/community-centers-programs/sirovich/			1 Pork Sausage Link Waffles (Pre-Prepared) Toasted Oats Cereal Blueberries, Orange 1% Low Fat Milk Pancake Syrup	2 Pancakes (pre-prepared) Turkey Sausage Patty Raisin Bran Cereal Apple Juice, Banana 1% Low Fat Milk Pancake Syrup
5 CLOSED FOR LABOR DAY WEEKEND	6 Plain French Toast (pre-prepared) (2) Turkey Sausage Patty, Farina, Apple, Grape Juice, Unsweetened, 1% Low Fat Milk	7 Eggs Benedict, Home Fries Raisin Bran, Orange, Apple Juice 1% Low Fat Milk	8 Pancakes (pre-prepared) Pork Sausage Link Raisin Bran Cereal, Banana Orange Juice 1% Low Fat Milk	9 Grilled Cheese Bran Flakes Cereal Apple, Orange Juice 1% Low Fat Milk
12 Egg a la Mexicana Bran Flakes Cereal Whole Wheat Tortilla Apple Juice, Canned Mandarin Oranges, 1% Low Fat Milk (2)	13 Turkey Sausage Patty Waffles (Pre-Prepared) Raisin Bran Cereal, Apple Orange Pineapple Juice 1% Low Fat Milk (2) Pancake Syrup	14 Western Frittata English Muffin, Whole Wheat Toasted Oats Cereal Orange, 1% Low Fat Milk (2) Grape Jelly	15 Pork Breakfast Patty Plain French Toast Bran Flakes Cereal Banana, Orange Juice 1% Low Fat Milk (2) Pancake Syrup	16 Shakshuka, Home Fries Pita Bread, Grape Juice, Unsweetened, Sliced Canned Peaches, 1% Low Fat Milk
19 Pancakes, Turkey Bacon Patty, Raisin Bran Cereal Apple Juice, Banana 1% Low Fat Milk Pancake Syrup	20 Scrambled Eggs, Home Fries with Peppers and Onions, Whole Wheat Bread Fruit Cocktail, Orange Pineapple Juice, 1% Low Fat Milk, Butter	21 Farmers Market Individual Omelets, Mini Croissant Oatmeal (1 cup), Orange Orange Pineapple Juice 1% Low Fat Milk	22 Pork Sausage Link, Waffles (Pre-Prepared), Toasted Oats Cereal Blueberries, Orange 1% Low Fat Milk Pancake Syrup	23 Grilled Cheese Bran Flakes Cereal, Apple Orange Juice 1% Low Fat Milk
26 CLOSED FOR ROSH HASHANAH	27 CLOSED FOR ROSH HASHANAH	28 Salmon Egg Frittata with Potatoes and Peas Toasted Oats Cereal Whole Wheat Mini Bagel Apple Juice Orange, 1% Low Fat Milk	29 Scrambled Eggs, Cheesy Grits WW Bread, Oatmeal (1 cup) Orange Pineapple Juice 1% Low Fat Milk Pancake Syrup	30 Pancakes (pre-prepared) Pork Sausage Link Raisin Bran Cereal, Banana Orange Juice 1% Low Fat Milk

LUNCH MENU SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
In Person Lunch Monday – Friday 11:30 AM – 1:30 PM 2nd FL Dining Room All members must arrive by 12:55 to sit down and eat. Everyone must finish eating by 1:30 PM* Funded By 			1 Beef Meatballs in Tomato Sauce Whole Wheat Dinner Roll Broccoli with Toasted Garlic Honeydew Plain Low-Fat Yogurt	2 Baked White Fish with Garlic Crumb Crust Challah Bread Mixed Vegetables (starchy) Potato Pancake (Pre-prepared) Applesauce, 1% Low Fat Milk
5 CLOSED FOR LABOR DAY WEEKEND	6 California Veggie Burger (pre-prepared) Hamburger Bun, Whole Wheat Baby Spinach Salad with Lemon Vinaigrette, Fruit Cocktail 1% Low Fat Milk	7 Roast Beef Whole Wheat Dinner Roll Garlic Mashed Potatoes Mixed Vegetables with Garlic (starchy), Canned Pineapple 1% Low Fat Milk	8 Grilled Maple Chipotle Pork Chops, WW Dinner Roll Cole Slaw, Potato Pancake Applesauce, Banana 1% Low Fat Milk	9 Citrus Sesame Crusted Salmon Rice with Vegetables Broccoli with Toasted Garlic Orange, 1% Low Fat Milk
12 Vegetarian Chili Brown Rice (1 cup) Cornbread Mixed Green Salad Banana 1% Low Fat Milk	13 1% Low Fat Milk Mexican Style Chicken Thighs Spanish Rice, Whole Wheat Bread, Baby Spinach Salad with Lemon Vinaigrette, Mango (1/2 cup)	14 Pork Spare Ribs Whole Wheat Dinner Roll Braised Collard Greens Warm Potato Salad Fresh Pineapple (1/2 cup) 1% Low Fat Milk	15 Homemade Hamburger Hamburger Bun Garden Salad Roasted Sweet Potato Fries Orange, 1% Low Fat Milk	16 Baked Fish with Mushrooms and Peppers, Rice Pilaf, WW Dinner Roll, Black Eyed Pea Salad Fresh Pineapple) 1% Low Fat Milk
19 Baked Chicken Quarters Whole Wheat Dinner Roll Baked Sweet Potato Broccoli with Toasted Garlic Canned Pineapple 1% Low Fat Milk	20 Turkey Meatloaf with Mushroom Gravy, Challah Bread Instant Mashed Potatoes Steamed Cauliflower Banana, 1% Low Fat Milk	21 Vegetarian Lasagna Garlic Bread, Arugula Salad with Balsamic Vinaigrette Sliced Canned Peaches 1% Low Fat Milk	22 Breaded Pork Loin Quinoa with Black Beans and Corn, Whole Wheat Dinner Roll Sautéed String Beans, Fruit Cocktail, 1% Low Fat Milk	23 Salmon in Garlic Butter Sauce WW Dinner Roll, Yellow Rice and Pigeon Peas, Baby Spinach Salad Orange Juice, 1% Low Fat Milk
26 CLOSED FOR ROSH HASHANAH	27 CLOSED FOR ROSH HASHANAH	28 Baked Ziti with Ricotta Garlic Bread, Arugula Salad with Balsamic Vinaigrette Orange 1% Low Fat Milk	29 Smothered Pork Chops Cornbread Cauliflower Mash Corn and Peas Apple Plain Low-Fat Yogurt	30 Teriyaki Baked Fish Chinese Style Spaghetti Asian Cabbage with Eggs Yellow Squash Canned Pineapple 1% Low Fat Milk