

# BREAKFAST MENU NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Turkey Bacon Waffles (Pre-Prepared) (2) Oatmeal (1/2 cup) Fruit, Juice, and Milk	<b>2</b> Eggs Benedict Home Fries with Peppers and Onions Raisin Bran Cereal Fruit, Juice, and Milk	<b>3</b> Pancakes (pre-prepared) (2) Pork Sausage Link Bran Flakes Cereal Fruit, Juice, and Milk	<b>4</b> Hard Boiled Egg (2) Mini Croissant Turkey Bacon Fruit, Juice, and Milk
<b>7</b> Home Fries Scrambled Eggs and Swiss Oatmeal (1/2 cup) Whole Wheat Bread Fruit, Juice, and Milk	<b>8</b> <b>CLOSED FOR ELECTION DAY</b>	<b>9</b> Farmers Market Individual Omelets Mini Croissant Raisin Bran Cereal Fruit, Juice, and Milk	<b>10</b> Home Fries Shakshuka Original Life Cereal Plain Pita Fruit, Juice, and Milk	<b>11</b> Plain French Toast (Pre-Prepared) (2) Turkey Bacon Farina Fruit, Juice, and Milk
<b>14</b> Scrambled Eggs with Swiss Home Fries with Peppers and Onions Whole Wheat Bread Fruit, Juice, and Milk	<b>15</b> Pancakes (Pre-prepared) (2) Pork Sausage Link Oatmeal (1/2 cup) Fruit, Juice, and Milk	<b>16</b> Eggs Benedict Home Fries with Peppers and Onions Raisin Bran Cereal Fruit, Juice, and Milk	<b>17</b> Plain French Toast (pre-prepared) (2) Turkey Sausage Link Bran Flakes Cereal Fruit, Juice, and Milk	<b>18</b> Grilled Cheese Sliced Tomatoes Turkey Bacon Oatmeal Fruit, Juice, and Milk
<b>21</b> Egg a la Mexicana Bran Flakes Cereal Whole Wheat Tortilla Apple Juice Fruit, Juice, and Milk	<b>22</b> Turkey Sausage Patty Waffles (Pre-Prepared) (2) Raisin Bran Cereal Fruit, Juice, and Milk	<b>23</b> Home Fries Shakshuka Original Life Cereal Plain Pita Fruit, Juice, and Milk	<b>24</b> <b>CLOSED FOR THANKSGIVING</b>	<b>25</b> <b>CLOSED FOR THANKSGIVING</b>
<b>28</b> Pancakes (Pre-Prepared) (2) Turkey Bacon Oatmeal (1 cup) Fruit, Juice, and Milk	<b>29</b> Home Fries Scrambled Eggs with Swiss Whole Wheat Bread Fruit, Juice, and Milk	<b>30</b> Farmers Market Individual Omelets Mini Croissant Raisin Bran Cereal Fruit, Juice, and Milk	<b>In Person Breakfast  Monday – Friday</b> 8:30 AM – 10:30 AM   2nd FL Dining Room All members must arrive by 12:55 to sit down and eat. Everyone must finish eating by 9:55 * to sit down and eat. Everyone must finish eating by 10:30AM* Email: <a href="mailto:sirovich@14streety.org">sirovich@14streety.org</a>   Tel: 646-395-4534 Address: 331 East 12th Street, New York, NY 10003 Website: <a href="https://edalliance.org/community-centers-programs/sirovich/">https://edalliance.org/community-centers-programs/sirovich/</a>	

# LUNCH MENU NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Egg Drop Soup Garlic Beef Meatballs Yellow Rice Asian Cabbage with Eggs Fruit and Milk	<b>2</b> Split Pea Soup Pork Roast with Mango Chutney Black Beans and Rice Yellow Plantains Fruit and Milk	<b>3</b> Chicken Chasseur Pesto Pasta with Broccoli Baby Spinach Salad with Lemon Vinaigrette Fruit and Milk	<b>4</b> Apricot Glazed Salmon Bowtie Pasta with Kasha Beet Salad with Yogurt Dressing Fruit and Milk
<b>7</b> Lentil Soup Fillet of Fish Sandwich WW Hamburger Bun Mixed Green Salad Roasted Sweet Potato Fries Fruit and Milk	<b>8</b> <b>CLOSED FOR ELECTION DAY</b>	<b>9</b> Three Bean Chili with Cheddar Cheese Brown Rice (1 cup) Cornbread Steamed Cauliflower Fruit and Milk	<b>10</b> White Bean Soup Breaded Chicken Cutlet Mozzarella Cheese Garlic Bread Sauteed String Beans Fruit and Milk	<b>11</b> Baked Salmon with Cilantro Citrus Sauce Challah Bread Baked Sweet Potato Sauteed String Beans Fruit and Milk
<b>14</b> Chicken Barley Soup Homemade Breaded Fish Challah Bread Baked Red Potato Wedges Sauteed Green Beans Fruit and Milk	<b>15</b> Baked Mushroom Chicken WW Dinner Roll Broccoli and Red Peppers Cauliflower and Potato Mash Fruit and Milk	<b>16</b> Butternut Squash Soup Vegetable Lasagna Garlic Bread California Blend Vegetables Fruit and Milk	<b>17</b> BBQ Pork Chops Whole Wheat Dinner Roll Baked Macaroni and Cheese Braised Collard Greens Fruit and Milk	<b>18</b> <b>THANKSGIVING HOLIDAY MEAL.</b> <b>Be on the lookout for holiday meal ticket information</b>
<b>21</b> Vegetarian Chili Rice Cornbread Mixed Green Salad Fruit and Milk	<b>22</b> Lentil Soup Grilled Chicken Breast with Tomato & Feta Plain Pita Baked Potato Wedges Beet Salad Dressing Fruit and Milk	<b>23</b> Hamburgers Whole Wheat Hamburger Bun Health Slaw Potato Salad (Pre-Prepared) Fruit and Milk	<b>24</b> <b>CLOSED FOR THANKSGIVING</b>	<b>25</b> <b>CLOSED FOR THANKSGIVING</b>
<b>28</b> Glazed Honey Balsamic Chicken Whole Wheat Dinner Roll Cauliflower and Potato Mash Mixed Vegetables (starchy) Fruit and Milk	<b>29</b> Mushroom Barley Soup Baked Pork Chops Whole Wheat Dinner Roll Garlic and Rosemary Roasted Potatoes Fruit and Milk	<b>30</b> California Veggie Burger (pre-prepared) Lettuce and Tomato Whole Wheat Hamburger Bun Mixed Green Salad Roasted Sweet Potato Fries 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. Everyone must finish eating by 1:30 PM* <b>Funded by</b> 	