

## BREAKFAST MEAL CALENDAR MARCH 2024

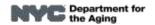
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Eggs Benedict Home Fries Raisin Bran Cereal Lettuce and Tomato Fruit, Juice and Milk
4	5	6	7	8
Home Fries	Bran Flakes Cereal	Oatmeal	Raisin Bran Cereal	<b>Baked Stuffed Potato</b>
Pork Sausage Link	Cinnamon French Toast	Farmer's Market Individual	Waffles with Mangoes and	Turkey Bacon
Scrambled Eggs	Yogurt Parfait with	Omelette	Whipped Cream	<b>Toasted Oats Cereal</b>
WW Mini Bagel	Strawberries	Fruit, Juice and Milk	Cottage Cheese	Fruit, Juice and Milk
Fruit, Juice and Milk	Pancake Syrup		Fruit, Juice and Milk	
	Fruit, Juice and Milk			
11	12	13	14	15
Hard Boiled Eggs	Blueberry Pancakes	Home Fries	Oatmeal	Western Frittata
Mini Croissant	Toasted Oats Cereal	Raisin Bran Cereal Shakshuka	French Toast	Home Fries Bran Flakes Cereal
Oatmeal Turkey Sausage Link	Cottage Cheese Pancake Syrup	Whole Wheat Pita	Yogurt Parfait with Peaches Fruit, Juice and Milk	Fruit, Juice and Milk
Fruit, Juice and Milk	Fruit, Juice and Milk	Fruit, Juice and Milk	Fruit, Juice and wink	Fruit, Juice and Milk
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18	19	20	21	22
Oatmeal	Home Fries	Blueberry Pancakes	Eggs Benedict	Cheese Blintzes
WW Grilled Cheese	Raisin Bran Cereal	Toasted Oats Cereal	Home Fries	Farina
w/Tomato	Scrambled Eggs with Swiss	Cottage Cheese	Raisin Bran Cereal	Frozen Mixed Berries
Fruit, Juice and Milk	WW Mini Bagel	Pancake Syrup	Lettuce and Tomato	Plain Non-Fat Yogurt
	Fruit, Juice and Milk	Fruit, Juice and Milk	Fruit, Juice and Milk	Fruit, Juice and Milk
	26	27	28	29
Home Fries	Bran Flakes Cereal	Cheddar and Potato Bake	Raisin Bran Cereal	Eggs ala Mexicana
Pork Sausage Link	French Toast	Mini Croissant	Waffles with Mangoes and	Home Fries
Scrambled Eggs	Yogurt Parfait with	<b>Toasted Oats Cereal</b>	Whipped Cream	Oatmeal
WW Mini Bagel	Strawberries	Fruit, Juice and Milk	Cottage Cheese	Fruit, Juice and Milk
Fruit, Juice and Milk	Pancake Syrup		Fruit, Juice and Milk	
	Fruit, Juice and Milk			

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

**KEY: WW= Whole Wheat** 









## LUNCH MEAL CALENDAR MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Ginger and Lime Salmon WW Dinner Roll Baked Sweet Potato Sautéed Green Beans with Onions Fruit and Milk
4 Aromatic Lentil Stew with Carrots and Turnips Cilantro Lime Rice Naan Bread Mixed Green Salad Fruit and Milk	5 Chicken Piccata WW Dinner Roll Broccoli and Red Peppers Garlic and Rosemary Roasted Potatoes Fruit and Milk	6 Cream of Broccoli Soup Beef Meatloaf with Mushroom Gravy Challah Bread Cauli/Potato Mash Garden Salad Fruit and Milk	7 Pork Spare Ribs WW Dinner Roll Mixed Green Salad Warm Potato Salad Fruit and Milk	8 Spanish Style Baked Fish WW Dinner Roll Garden Salad Yellow Plantains Fruit and Milk
11 Curried Jamaican Stew Brown Rice WW Dinner Roll Baby Spinach Salad Fruit and Milk	12 Arroz con Pollo Chicken and Rice WW Dinner Roll Arugula with Balsamic Vinaigrette Fruit and Milk	13 Egg Drop Soup Sweet and Sour Beef Meatballs Brown Rice Broccoli with Toasted Garlic Fruit and Milk	Pork Tenderloin with Zesty Cilantro Sauce WW Dinner Roll Yellow Rice Cuban Black Beans Garden Salad Fruit and Milk	15 Salmon in Garlic Butter Sauce Challah Bread Baby Carrots and Parsley Potato Pancake Fruit and Milk
18 Butternut Squash Soup California Veggie Burger WW Hamburger Bun Cole Slaw French Fries Fruit and Milk	19 Chicken Cacciatore WW Dinner Roll Broccoli and Red Peppers Mashed Potatoes Fruit and Milk	20 Chili con Carne Cornbread White Rice Mixed Green Salad Fruit and Milk	21 Breaded Pork Chops WW Dinner Roll Cali Blend Vegetables Potato Pancake Fruit and Milk	22 Ginger and Lime Salmon WW Dinner Roll Baked Sweet Potato Sautéed Green Beans with Onions Fruit and Milk
25 Aromatic Lentil Stew with Carrots and Turnips Cilantro Lime Rice Naan Bread Mixed Green Salad Fruit and Milk	26 Chicken Piccata WW Dinner Roll Broccoli and Red Peppers Garlic and Rosemary Roasted Potatoes Fruit and Milk	27 Cream of Broccoli Soup Beef Meatloaf with Mushroom Gravy Challah Bread Cauli/Potato Mash Garden Salad Fruit and Milk	28 Pork Spare Ribs WW Dinner Roll Mixed Green Salad Warm Potato Salad Fruit and Milk	29 Spanish Style Baked Fish WW Dinner Roll Garden Salad Yellow Plantains Fruit and Milk

Meal Information: In Person Lunch | Monday – Friday | 12:00 PM – 1:00 PM | 2nd FL. Dining Room, Seating starts @11:30AM. Last ticket sold @12:55PM to sit down and eat. Everyone must finish eating by 1:30 PM\*

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