

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

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	14 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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