

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Curried Jamaican Stew with Brown Rice, Whole Wheat Dinner Roll, with Baby Spinach Salad Fruit, Milk, Coffee or Tea	2 Arroz con Pollo (Chicken and Rice), Whole Wheat Dinner Roll, Arugula Salad Fruit, Milk, Coffee Or Tea	3 Egg Drop Soup Sweet and Sour Beef Meatballs with Brown Rice Broccoli with Toasted Garlic Fruit, Milk, Coffee Or Tea	4 Pork Tenderloin with Zesty Cilantro Sauce Yellow Rice Cuban Black Beans Garden Salad Fruit, Milk, Coffee or Tea	5 Salmon in Garlic Butter Sauce Baby Carrots and Parsley Potato Pancake, Apple Sauce, Fruit, Milk and Coffee or Tea
8 Butternut Squash Soup, Veggie Burger with Whole Wheat Bun, Cole Slaw and French Fries Fruit, Milk, Coffee or Tea	9 Chicken Cacciatore Whole Wheat Dinner Roll Broccoli with Toasted Garlic Mashed Potatoes Fruit, Milk, Coffee Or Tea	10 Chili Con Carne Corn bread White Rice Mixed Green Salad, Fruit, Milk, Coffee Or Tea	11 Baked Breaded Pork Chop Whole Wheat Dinner Roll California Blend Vegetables and Potato Pancake Apple Sauce, Fruit, Milk, Coffee Or Tea	12 Ginger and Lime Salmon Whole Wheat Dinner Roll Baked Sweet Potato Sauteed Green Beans with Onions, Fruit, Milk, Coffee Or Tea
15 Lentil Stew with Carrots and Turnips, Cilantro Lime Rice, Naan Bread, Mixed Green Salad, Milk, Coffee or Tea	16 Chicken Piccata Whole Wheat Dinner Roll Broccoli and Red Peppers Garlic and Rosemary Roasted Potatoes Fruit, Milk, Coffee Or Tea	17 Cream of Broccoli Soup Beef Meatload with Mushroom Gravy, Challah Bread, Cauliflower and Potato Mash Garden Salad Fruit, Milk, Coffee Or Tea	18 Pork Spare Ribs Whole Wheat Dinner Roll Mixed Green Salad Warm Potato Salad Fruit, Milk, Coffee Or Tea	19 Spanish Style Baked Fish Whole Wheat Dinner Roll Garden Salad Yellow Plantains Fruit, Milk, Coffee Or Tea
22 Curried Jamaican Stew with Brown Rice, Whole Wheat Dinner Roll, with Baby Spinach Salad Fruit, Milk, Coffee or Tea	23 Arroz con Pollo (Chicken and Rice), Whole Wheat Dinner Roll, Arugula Salad Fruit, Milk, Coffee Or Tea	24 Egg Drop Soup Sweet and Sour Beef Meatballs with Brown Rice Broccoli with Toasted Garlic Fruit, Milk, Coffee Or Tea	25 Pork Tenderloin with Zesty Cilantro Sauce Yellow Rice Cuban Black Beans Garden Salad Fruit, Milk, Coffee or Tea	26 Salmon in Garlic Butter Sauce Baby Carrots and Parsley Potato Pancake, Apple Sauce, Fruit, Milk and Coffee or Tea
29 Butternut Squash Soup, Veggie Burger with Whole Wheat Bun, Cole Slaw and French Fries Fruit, Milk, Coffee or Tea	30 Chicken Cacciatore Whole Wheat Dinner Roll Broccoli with Toasted Garlic Mashed Potatoes Fruit, Milk, Coffee Or Tea			

**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](mailto:sirovich@14streety.org) or call 646-395-4534

MEAL KEY: WW= Whole Wheat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Cinnamon Raisin Bagel Hard Boiled Egg Oatmeal Turkey Sausage Patty Fruit, Milk and Juice	<b>2</b> Pancakes Bran Flakes Cereal Yogurt Parfait with Strawberries Pancake Syrup Fruit, Milk and Juice	<b>3</b> Egg Frittata with Potatoes and Peas Vegan Sausage Raisin Bran Cereal Fruit, Milk and Juice	<b>4</b> Waffles with Mangoes and Whipped Cream Bran Flakes Cereal Cottage Cheese Fruit, Milk and Juice Pancake Syrup	<b>5</b> Cheddar and Potato Bake Mini Croissant Toasted Oats Cereal Fruit, Milk and Juice
<b>8</b> Egg a la Mexicana Home Fries Oatmeal Whole Wheat Tortilla Fresh Tomato Salsa (Pico de Gallo) Fruit, Milk and Juice	<b>9</b> WW French Toast Raisin Bran Cereal Yogurt Parfait with Strawberries Fruit, Milk and Juice	<b>10</b> Eggs Benedict Home Fries with Peppers and Onions Toasted Oats Cereal Lettuce and Tomato Fruit, Milk and Juice	<b>11</b> Pancakes Bran Flakes Cereal Yogurt Parfait with Peaches Fruit and Milk	<b>12</b> Cheese Blintzes Cinnamon Raisin Bagel Farina Fruit and Milk
<b>15</b> Scrambled Eggs Pork Sausage Link Raisin Bran Cereal Whole Wheat Mini Bagel Fruit, Milk and Juice	<b>16</b> Waffles with Mangoes and Whipped Cream Bran Flakes Cereal Cottage Cheese Fruit, Milk and Juice Pancake Syrup	<b>17</b> Shakshuka Home Fries Raisin Bran Cereal WW Pita Fruit, Milk and Juice	<b>18</b> WW French Toast Toasted Oats Cereal Yogurt Parfait with Blueberries Pancake Syrup Fruit, Milk and Juice	<b>19</b> Grilled Mozzarella and Tomato Sandwich Oatmeal Fruit, Milk and Juice
<b>22</b> Cinnamon Raisin Bagel Hard Boiled Egg Oatmeal Turkey Sausage Patty Fruit, Milk and Juice	<b>23</b> Pancakes Bran Flakes Cereal Yogurt Parfait with Strawberries Pancake Syrup Fruit, Milk and Juice	<b>24</b> Egg Frittata with Potatoes and Peas Vegan Sausage Raisin Bran Cereal Fruit, Milk and Juice	<b>25</b> Waffles with Mangoes and Whipped Cream Bran Flakes Cereal Cottage Cheese Fruit, Milk and Juice Pancake Syrup	<b>26</b> Cheddar and Potato Bake Mini Croissant Toasted Oats Cereal Fruit, Milk and Juice
<b>29</b> Egg a la Mexicana Home Fries Oatmeal Whole Wheat Tortilla Fresh Tomato Salsa (Pico de Gallo) Fruit, Milk and Juice	<b>30</b> WW French Toast Raisin Bran Cereal Yogurt Parfait with Strawberries Fruit, Milk and Juice			

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