



BREAKFAST MEAL CALENDAR

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Bran Flakes Cereal Pancakes Yogurt Parfait with Peaches Juice and Milk	2 Cheese Blintzes Cinnamon Raisin Bagel Farina Fruit, Juice and Milk
5 Pork Sausage Link Raisin Bran Cereal Scrambled Eggs WW Mini Bagel Fruit, Juice and Milk	6 Oatmeal Waffles with Mangoes and Whipped Cream Cottage Cheese Fruit, Juice and Milk Pancake Syrup	7 Bran Flakes Cereal Home Fries Shakshuka Whole Wheat Pita Fruit, Juice and Milk	8 French Toast Toasted Oats Cereal Yogurt Parfait with Blueberries Pancake Syrup Juice and Milk	9 Grilled Mozzarella and Tomato Sandwich Oatmeal Fruit, Juice and Milk
12 Cinnamon Raisin Bagel Hard Boiled Egg Oatmeal Turkey Sausage Patty Fruit, Juice and Milk	13 Bran Flakes Cereal Pancakes Yogurt Parfait with Strawberries Juice and Milk Pancake Syrup	14 Egg Frittata with Potatoes and Peas Raisin Bran Cereal Veggie Sausage Patty Fruit, Juice and Milk	15 Bran Flakes Cereal Waffles with Mangoes and Whipped Cream Cottage Cheese Fruit, Juice and Milk Pancake Syrup	16 Cheddar and Potato Bake Mini Croissant Toasted Oats Cereal Fruit, Juice and Milk
19 Egg a la Mexicana Home Fries Oatmeal WW Tortilla Tomato Salsa Fruit, Juice and Milk	20 WW French Toast Raisin Bran Cereal Yogurt Parfait with Strawberries Juice and Milk	21 Eggs Benedict Home Fries with Peppers and Onions Toasted Oats Cereal Fruit, Juice and Milk	22 Bran Muffin Pancakes Yogurt Parfait with Peaches Fruit, Juice and Milk	23 Cheese Blintzes Cinnamon Raisin Bagel Farina Fruit, Juice and Milk
26 Raisin Bran Cereal Scrambled Eggs Veggie Sausage Patty WW Bagel Fruit, Juice and Milk	27 Oatmeal Waffles with Mangoes and Whipped Cream Cottage Cheese Fruit, Juice and Milk	28 Bran Flakes Cereal Home Fries Shakshuka Whole Wheat Pita Fruit, Juice and Milk	29 French Toast Toasted Oats Cereal Yogurt Parfait with Blueberries Pancake Syrup Juice and Milk	30 Grilled Mozzarella and Tomato Sandwich Oatmeal Fruit, Juice and Milk

Meal Information: In Person Breakfast | Monday – Friday | 8:30 AM – 9:55 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

MEAL KEY: WW= Whole Wheat



LUNCH MEAL CALENDAR AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pork Roast with Mango Chutney WW Dinner Roll Cauliflower and Potato Mash Fruit and Milk	2 Baked Salmon with Cilantro Citrus Sauce Black Beans and Rice Baby Carrots with Parsley Fruit and Milk
5 Vegetarian Three Bean Chili Brown Rice Garden Salad Fruit and Milk	6 BBQ Chicken Leg Macaroni and Cheese WW Dinner Roll Cali Blend Vegetables Fruit and Milk	7 Beef Hamburger WW Hamburger Bun Cole Slaw French Fries Fruit and Milk	8 Sweet and Sour Pork with Pineapple Brown Rice Broccoli with Toasted Garlic Fruit and Milk	9 Citrus Sesame Crusted Salmon Couscous with Peas and Lemon Baked Sweet Potato Fruit and Milk
12 Veggie Burger WW Hamburger Bun French Fries Tossed Salad with Dressing Fruit and Milk	13 General Tso's Chicken Yellow Rice Steamed Broccoli Fruit and Milk	14 Turkey Meatloaf w/ Mushroom Gravy WW Dinner Roll Cali Blend Vegetables Mashed Potatoes Fruit and Milk	15 BBQ Pulled Pork WW Hamburger Bun Cole Slaw Southern Style Baked Navy Beans Fruit and Milk	16 Salmon in Butter Sauce Challah Bread Beet Salad with Yogurt Dressing Cauliflower Rice Fruit and Milk
19 Meaty Mushroom and Cauliflower Bolognese WW Bread Arugula Salad with Balsamic Vinaigrette Fruit and Milk	20 Chicken Parmesan WW Pasta Cali Blend Vegetables Fruit and Milk	21 Beef Stir Fry with Broccoli and Carrots White Rice Asian Style Cucumber Salad Fruit and Milk	22 Pork Roast with Mango Chutney WW Dinner Roll Cauliflower and Potato Mash Fruit and Milk	23 Baked Salmon with Cilantro Citrus Sauce Black Beans and Rice Baby Carrots with Parsley Fruit and Milk
26 Vegetarian Three Bean Chili Brown Rice Garden Salad Fruit and Milk	27 BBQ Chicken Leg Macaroni and Cheese WW Dinner Roll Cali Blend Vegetables Fruit and Milk	28 Beef Hamburger WW Hamburger Bun Cole Slaw French Fries Fruit and Milk	29 Sweet and Sour Pork with Pineapple Brown Rice Broccoli with Toasted Garlic Fruit and Milk	30 Citrus Sesame Crusted Salmon Couscous with Peas and Lemon Baked Sweet Potato Fruit and Milk

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