



BREAKFAST MEAL CALENDAR SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Center Closed for Labor Day	3 Pancakes Bran Flakes Cereal Yogurt Parfait with Strawberries Juice and Milk	4 Egg Frittata with Potatoes and Peas Raisin Bran Cereal Veggie Sausage Patty Fruit, Juice and Milk	5 Bran Flakes Cereal Waffles with Mangoes and Whipped Cream Cottage Cheese Pancake Syrup Fruit, Juice and Milk	6 Cheddar and Potato Bake Mini Croissant Toasted Oats Cereal Fruit, Juice and Milk
9 Egg a la Mexicana Home Fries Oatmeal WW Tortilla Tomato Salsa Fruit, Juice and Milk	10 WW French Toast Raisin Bran Cereal Yogurt Parfait with Strawberries Juice and Milk	11 Eggs Benedict Home Fries with Peppers and Onions Toasted Oats Cereal Fruit, Juice and Milk	12 Bran Flakes Cereal Pancakes Yogurt Parfait with Peaches Fruit, Juice and Milk	13 Cheese Blintzes Cinnamon Raisin Bagel Farina Fruit, Juice and Milk
16 Pork Sausage Link Raisin Bran Cereal Scrambled Eggs WW Mini Bagel Fruit, Juice and Milk	17 Oatmeal Waffles with Mangoes and Whipped Cream Cottage Cheese Fruit, Juice and Milk	18 Bran Flakes Cereal Home Fries Shakshuka WW Pita Fruit, Juice and Milk	19 WW French Toast Toasted Oats Cereal Yogurt Parfait with Blueberries Fruit, Juice and Milk	20 Grilled Mozzarella and Tomato Sandwich Oatmeal Fruit, Juice and Milk
23 Cinnamon Raisin Bagel Hard Boiled Egg Oatmeal Grape Jelly Fruit, Juice and Milk	24 Pancakes Bran Flakes Cereal Yogurt Parfait with Strawberries Juice and Milk	25 Egg Frittata with Potatoes and Peas Raisin Bran Cereal Veggie Sausage Patty Fruit, Juice and Milk	26 Bran Flakes Cereal Waffles with Mangoes and Whipped Cream Cottage Cheese Pancake Syrup Fruit, Juice and Milk	27 Cheddar and Potato Bake Mini Croissant Toasted Oats Cereal Fruit, Juice and Milk
30 Egg a la Mexicana Home Fries Oatmeal WW Tortilla Tomato Salsa				

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 SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Center Closed for Labor Day	3 General Tso's Chicken Yellow Rice Steamed Broccoli Fruit and Milk	4 Mushroom Gravy Turkey Meatloaf WW Dinner Roll Cali Blend Vegetables Mashed Potatoes Fruit and Milk	5 BBQ Pulled Pork WW Hamburger Bun Cole Slaw Southern Baked Beans Fruit and Milk	6 Salmon in Garlic Butter Sauce Cauliflower Rice Challah Bread Beet Salad with Yogurt Dressing Fruit and Milk
9 Meaty Mushroom and Cauliflower Bolognese Brown Rice WW Bread Arugula Salad with Balsamic Vinaigrette Fruit and Milk	10 Chicken Parmesan Penne Pasta Cali Blend Vegetables Fruit and Milk	11 Beef Stir Fry with Broccoli and Carrots White Rice Asian Style Cucumber Salad Fruit and Milk	12 Pork Roast with Mango Chutney WW Dinner Roll Cauliflower and Potato Mash Fruit and Milk	13 Baked Salmon with Cilantro Citrus Sauce Black Beans and Rice Baby Carrots with Parsley Fruit and Milk
16 Vegetarian Three Bean Chili Brown Rice Garden Salad Cornbread Fruit and Milk	17 BBQ Chicken Leg Baked Macaroni and Cheese WW Dinner Roll Cali Blend Vegetables Fruit and Milk	18 Beef Hamburger WW Bun Cole Slaw French Fries Fruit and Milk	19 Sweet and Sour Pork with Pineapple Brown Rice Broccoli with Toasted Garlic Fruit and Milk	20 Sesame Crusted Salmon Couscous with Peas and Lemon Baked Sweet Potato Fruit and Milk
23 California Veggie Burger WW Hamburger Bun French Fries Tossed Salad with Dressing Fruit and Milk	24 General Tso's Chicken Yellow Rice Steamed Broccoli Fruit and Milk	25 Mushroom Gravy Turkey Meatloaf WW Dinner Roll Cali Blend Vegetables Mashed Potatoes Fruit and Milk	26 BBQ Pulled Pork WW Hamburger Bun Cole Slaw Southern Baked Beans Fruit and Milk	27 Salmon in Garlic Butter Sauce Cauliflower Rice Challah Bread Beet Salad with Yogurt Dressing Fruit and Milk
30 Meaty Mushroom and Cauliflower Bolognese Brown Rice WW Bread Arugula Salad with Balsamic				

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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