

BREAKFAST MEAL CALENDAR

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 WW Cinnamon French Toast Raisin Bran Cereal Yogurt Parfait with Strawberries Fruit, Juice, Milk	2 Meatless Eggs Benedict Lettuce and Tomato Home Fries with Peppers and Onions Toasted Oats Cereal Fruit, Juice, Milk	3 Pancakes Bran Muffin Yogurt Parfait with Peaches Fruit, Juice, Milk	4 Center is Closed for Independence Day
7 Scrambled Eggs Veggie Sausage Patty Raisin Bran Cereal WW Mini Bagel Fruit, Juice, Milk	8 Tropical Waffles with Mangoes and Whipped Cream Oatmeal Cottage Cheese Fruit, Juice, Milk	9 Shakshuka WW Pita Home Fries Raisin Bran Flakes Cereal Fruit, Juice, Milk	10 WW Cinnamon French Toast Raisin Bran Cereal Yogurt Parfait with Blueberries Fruit, Juice, Milk	11 WW Grilled Mozzarella and Tomato Sandwich Oatmeal Fruit, Juice, Milk
14 Cinnamon Raisin Bagel Hard Boiled Egg Oatmeal Veggie Sausage Patty Fruit, Juice, Milk	15 Pancakes Yogurt Parfait with Peaches Bran Flakes Cereal Fruit, Juice, Milk	16 Egg Frittata with Potatoes and Peas Veggie Sausage Patty Raisin Bran Cereal Fruit, Juice, Milk	17 Tropical Waffles with Mangoes and Whipped Cream Bran Flakes Cottage Cheese Fruit, Juice, Milk	18 Cheddar and Potato Bake Mini Croissant Toasted Oats Cereal Fruit, Juice, Milk
21 Egg a la Mexicana Fresh Tomato Salsa WW Tortilla Home Fries Oatmeal Fruit, Juice, Milk	22 WW Cinnamon French Toast Raisin Bran Cereal Yogurt Parfait with Strawberries Fruit, Juice, Milk	23 Meatless Eggs Benedict Lettuce and Tomato Home Fries with Peppers and Onions Toasted Oats Cereal Fruit, Juice, Milk	24 Pancakes Bran Muffin Yogurt Parfait with Peaches Fruit, Juice, Milk	25 Cheese Blintzes Cinnamon Raisin Bagel Farina Fruit, Juice, Milk
28 Scrambled Eggs Veggie Sausage Patty Raisin Bran Cereal WW Mini Bagel Fruit, Juice, Milk	29 Tropical Waffles with Mangoes and Whipped Cream Oatmeal Cottage Cheese Fruit, Juice, Milk	30 Shakshuka WW Pita Home Fries Raisin Bran Flakes Cereal Fruit, Juice, Milk	31 WW Cinnamon French Toast Raisin Bran Cereal Yogurt Parfait with Blueberries Fruit, Juice, Milk	

Meal Information: In Person Breakfast | Monday – Friday | 9:00 AM – 10:00 AM | 2nd FL. Dining Room
 Seating starts @8:45AM. 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

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Parmesan Whole Wheat Pasta California Blend Vegetables Fruit and Milk	2 Beef Stir Fry with Broccoli and Carrots White Rice Asian Style Cucumber Salad Fruit and Milk	3 Pork Roast with Mango Chutney WW Dinner Roll Cauliflower and Potato Mash Fruit and Milk	4 Center is Closed for Independence Day
7 Vegetarian Three Bean Chili Brown Rice Garden Salad Fruit and Milk	8 BBQ Chicken Leg Quarters Baked Macaroni and Cheese WW Dinner Roll California Blend Vegetables Fruit and Milk	9 Beef Hamburger WW Hamburger Bun Cole Slaw French Fries Fruit and Milk	10 Sweet and Sour Pork with Pineapple Brown Rice Broccoli with Toasted Garlic Fruit and Milk	11 Citrus Sesame Crusted Salmon Couscous with Peas and Lemon Baked Sweet Potato Fruit and Milk
14 California Veggie Burger WW Hamburger Bun French Fries Coleslaw Fruit and Milk	15 General Tso's Chicken Yellow Rice Steamed Broccoli Fruit and Milk	16 Mushroom Gravy Turkey Meatloaf WW Dinner Roll California Blend Vegetables Mashed Potatoes Fruit and Milk	17 BBQ Pulled Pork WW Hamburger Bun Cole Slaw Southern Style Baked Navy Beans Fruit and Milk	18 Salmon in Garlic Butter Sauce Challah Bread Beet Salad with Yogurt Dressing Cauliflower Rice Fruit, and Milk
21 Meaty Mushroom and Cauliflower Bolognese WW Bread Arugula Salad with Balsamic Vinaigrette Fruit and Milk	22 Chicken Parmesan Whole Wheat Pasta California Blend Vegetables Fruit and Milk	23 Beef Stir Fry with Broccoli and Carrots White Rice Asian Style Cucumber Salad Fruit and Milk	24 Pork Roast with Mango Chutney WW Dinner Roll Cauliflower and Potato Mash Fruit and Milk	25 Baked Salmon with Cilantro Citrus Sauce Black Beans and Rice Baby Carrots with Parsley Fruit and Milk
28 Vegetarian Three Bean Chili Brown Rice Garden Salad Fruit and Milk	29 BBQ Chicken Leg Quarters Baked Macaroni and Cheese WW Dinner Roll California Blend Vegetables Fruit and Milk	30 Beef Hamburger WW Hamburger Bun Cole Slaw French Fries Fruit and Milk	31 Sweet and Sour Pork with Pineapple Brown Rice Broccoli with Toasted Garlic Fruit and Milk	