

# BREAKFAST MEAL CALENDAR

## AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 WW Grilled Mozzarella and Tomato Sandwich Oatmeal Fruit, Juice, Milk
4 Cinnamon Raisin Bagel Hard Boiled Egg Oatmeal Veggie Sausage Patty Fruit, Juice, Milk	5 Pancakes Yogurt Parfait with Peaches Bran Flakes Cereal Fruit, Juice, Milk	6 Egg Frittata with Potatoes and Peas Veggie Sausage Patty Raisin Bran Cereal Fruit, Juice, Milk	7 Tropical Waffles with Mangoes and Whipped Cream Bran Flakes Cottage Cheese Fruit, Juice, Milk	8 Cheddar and Potato Bake Mini Croissant Toasted Oats Cereal Fruit, Juice, Milk
11 Egg a la Mexicana Fresh Tomato Salsa WW Tortilla Home Fries Oatmeal Fruit, Juice, Milk	12 WW Cinnamon French Toast Raisin Bran Cereal Yogurt Parfait with Strawberries Fruit, Juice, Milk	13 Meatless Eggs Benedict Lettuce and Tomato Home Fries with Peppers and Onions Toasted Oats Cereal Fruit, Juice, Milk	14 Pancakes Bran Muffin Yogurt Parfait with Peaches Fruit, Juice, Milk	15 Cheese Blintzes Cinnamon Raisin Bagel Farina Fruit, Juice, Milk
18 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	20 Shakshuka WW Pita Home Fries Raisin Bran Flakes Cereal Fruit, Juice, Milk	21 WW Cinnamon French Toast Raisin Bran Cereal Yogurt Parfait with Blueberries Fruit, Juice, Milk	22 WW Grilled Mozzarella and Tomato Sandwich Oatmeal Fruit, Juice, Milk
25 Cinnamon Raisin Bagel Hard Boiled Egg Oatmeal Veggie Sausage Patty Fruit, Juice, Milk	26 Pancakes Yogurt Parfait with Peaches Bran Flakes Cereal Fruit, Juice, Milk	27 Egg Frittata with Potatoes and Peas Veggie Sausage Patty Raisin Bran Cereal Fruit, Juice, Milk	28 Tropical Waffles with Mangoes and Whipped Cream Bran Flakes Cottage Cheese Fruit, Juice, Milk	29 Cheddar and Potato Bake Mini Croissant Toasted Oats Cereal 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](mailto:sirovich@14streety.org) or call 646-395-4534

MEAL KEY: WW= Whole Wheat

# LUNCH MEAL CALENDAR

## AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Citrus Sesame Crusted Salmon Couscous with Peas and Lemon Baked Sweet Potato Fruit and Milk
<b>4</b> California Veggie Burger WW Hamburger Bun French Fries Coleslaw Fruit and Milk	<b>5</b> General Tso's Chicken Yellow Rice Steamed Broccoli Fruit and Milk	<b>6</b> Mushroom Gravy Turkey Meatloaf WW Dinner Roll California Blend Vegetables Mashed Potatoes Fruit and Milk	<b>7</b> BBQ Pulled Pork WW Hamburger Bun Cole Slaw Southern Style Baked Navy Beans Fruit and Milk	<b>8</b> Salmon in Garlic Butter Sauce Challah Bread Beet Salad with Yogurt Dressing Cauliflower Rice Fruit, and Milk
<b>11</b> Meaty Mushroom and Cauliflower Bolognese WW Bread Arugula Salad with Balsamic Vinaigrette Fruit and Milk	<b>12</b> Chicken Parmesan Whole Wheat Pasta California Blend Vegetables Fruit and Milk	<b>13</b> Beef Stir Fry with Broccoli and Carrots White Rice Asian Style Cucumber Salad Fruit and Milk	<b>14</b> Pork Roast with Mango Chutney WW Dinner Roll Cauliflower and Potato Mash Fruit and Milk	<b>15</b> Baked Salmon with Cilantro Citrus Sauce Black Beans and Rice Baby Carrots with Parsley Fruit and Milk
<b>18</b> Vegetarian Three Bean Chili Brown Rice Garden Salad Fruit and Milk	<b>19</b> BBQ Chicken Leg Quarters Baked Macaroni and Cheese WW Dinner Roll California Blend Vegetables Fruit and Milk	<b>20</b> Beef Hamburger WW Hamburger Bun Cole Slaw French Fries Fruit and Milk	<b>21</b> Sweet and Sour Pork with Pineapple Brown Rice Broccoli with Toasted Garlic Fruit and Milk	<b>22</b> Citrus Sesame Crusted Salmon Couscous with Peas and Lemon Baked Sweet Potato Fruit and Milk
<b>25</b> California Veggie Burger WW Hamburger Bun French Fries Coleslaw Fruit and Milk	<b>26</b> General Tso's Chicken Yellow Rice Steamed Broccoli Fruit and Milk	<b>27</b> Mushroom Gravy Turkey Meatloaf WW Dinner Roll California Blend Vegetables Mashed Potatoes Fruit and Milk	<b>28</b> BBQ Pulled Pork WW Hamburger Bun Cole Slaw Southern Style Baked Navy Beans Fruit and Milk	<b>29</b> Salmon in Garlic Butter Sauce Challah Bread Beet Salad with Yogurt Dressing Cauliflower Rice Fruit, and Milk

Meal Information: Lunch | Monday – Friday | 12:00 PM – 1:00 PM | 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\*  
 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