

# BREAKFAST MEAL CALENDAR

## SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Center Closed for Labor Day</b>	<b>2</b> <b>WW Cinnamon French Toast</b> <b>Raisin Bran Cereal</b> <b>Yogurt Parfait with Strawberries</b> <b>Fruit, Juice, Milk</b>	<b>3</b> <b>Meatless Eggs Benedict</b> <b>Lettuce and Tomato</b> <b>Home Fries with Peppers and Onions</b> <b>Toasted Oats Cereal</b> <b>Fruit, Juice, Milk</b>	<b>4</b> <b>Pancakes</b> <b>Bran Muffin</b> <b>Yogurt Parfait with Peaches</b> <b>Fruit, Juice, Milk</b>	<b>5</b> <b>Cheese Blintzes</b> <b>Cinnamon Raisin Bagel</b> <b>Farina</b> <b>Fruit, Juice, Milk</b>
<b>8</b> <b>Scrambled Eggs</b> <b>Veggie Sausage Patty</b> <b>Raisin Bran Cereal</b> <b>WW Mini Bagel</b> <b>Fruit, Juice, Milk</b>	<b>9</b> <b>Tropical Waffles with Mangoes and Whipped Cream</b> <b>Oatmeal</b> <b>Cottage Cheese</b> <b>Fruit, Juice, Milk</b>	<b>10</b> <b>Shakshuka</b> <b>WW Pita</b> <b>Home Fries</b> <b>Raisin Bran Flakes Cereal</b> <b>Fruit, Juice, Milk</b>	<b>11</b> <b>WW Cinnamon French Toast</b> <b>Raisin Bran Cereal</b> <b>Yogurt Parfait with Blueberries</b> <b>Fruit, Juice, Milk</b>	<b>12</b> <b>WW Grilled Mozzarella and Tomato Sandwich</b> <b>Oatmeal</b> <b>Fruit, Juice, Milk</b>
<b>15</b> <b>Cinnamon Raisin Bagel</b> <b>Hard Boiled Egg</b> <b>Oatmeal</b> <b>Veggie Sausage Patty</b> <b>Fruit, Juice, Milk</b>	<b>16</b> <b>Pancakes</b> <b>Yogurt Parfait with Peaches</b> <b>Bran Flakes Cereal</b> <b>Fruit, Juice, Milk</b>	<b>17</b> <b>Egg Frittata with Potatoes and Peas</b> <b>Veggie Sausage Patty</b> <b>Raisin Bran Cereal</b> <b>Fruit, Juice, Milk</b>	<b>18</b> <b>Tropical Waffles with Mangoes and Whipped Cream</b> <b>Bran Flakes</b> <b>Cottage Cheese</b> <b>Fruit, Juice, Milk</b>	<b>19</b> <b>Cheddar and Potato Bake</b> <b>Mini Croissant</b> <b>Toasted Oats Cereal</b> <b>Fruit, Juice, Milk</b>
<b>22</b> <b>Egg a la Mexicana</b> <b>Fresh Tomato Salsa</b> <b>WW Tortilla</b> <b>Home Fries</b> <b>Oatmeal</b> <b>Fruit, Juice, Milk</b>	<b>23</b> <b>Center Closed for Rosh Hashanah – First Day</b>	<b>24</b> <b>Center Closed for Rosh Hashanah – Second Day</b>	<b>25</b> <b>Pancakes</b> <b>Bran Muffin</b> <b>Yogurt Parfait with Peaches</b> <b>Fruit, Juice, Milk</b>	<b>26</b> <b>Cheese Blintzes</b> <b>Cinnamon Raisin Bagel</b> <b>Farina</b> <b>Fruit, Juice, Milk</b>
<b>29</b> <b>Scrambled Eggs</b> <b>Veggie Sausage Patty</b> <b>Raisin Bran Cereal</b> <b>WW Mini Bagel</b> <b>Fruit, Juice, Milk</b>	<b>30</b> <b>Tropical Waffles with Mangoes and Whipped Cream</b> <b>Oatmeal</b> <b>Cottage Cheese</b> <b>Fruit, Juice, Milk</b>			

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

## SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Center Closed for Labor Day</b>	<b>2</b> <b>Chicken Parmesan</b> <b>Whole Wheat Pasta</b> <b>California Blend Vegetables</b> <b>Fruit and Milk</b>	<b>3</b> <b>Beef Stir Fry with Broccoli and Carrots</b> <b>White Rice</b> <b>Asian Style Cucumber Salad</b> <b>Fruit and Milk</b>	<b>4</b> <b>Pork Roast with Mango Chutney</b> <b>WW Dinner Roll</b> <b>Cauliflower and Potato Mash</b> <b>Fruit and Milk</b>	<b>5</b> <b>Baked Salmon with Cilantro Citrus Sauce</b> <b>Black Beans and Rice</b> <b>Baby Carrots with Parsley</b> <b>Fruit and Milk</b>
<b>8</b> <b>Vegetarian Three Bean Chili</b> <b>Brown Rice</b> <b>Garden Salad</b> <b>Fruit and Milk</b>	<b>9</b> <b>BBQ Chicken Leg Quarters</b> <b>Baked Macaroni and Cheese</b> <b>WW Dinner Roll</b> <b>California Blend Vegetables</b> <b>Fruit and Milk</b>	<b>10</b> <b>Beef Hamburger</b> <b>WW Hamburger Bun</b> <b>Cole Slaw</b> <b>French Fries</b> <b>Fruit and Milk</b>	<b>11</b> <b>Sweet and Sour Pork with Pineapple</b> <b>Brown Rice</b> <b>Broccoli with Toasted Garlic</b> <b>Fruit and Milk</b>	<b>12</b> <b>Citrus Sesame Crusted Salmon</b> <b>Couscous with Peas and Lemon</b> <b>Baked Sweet Potato</b> <b>Fruit and Milk</b>
<b>15</b> <b>California Veggie Burger</b> <b>WW Hamburger Bun</b> <b>French Fries</b> <b>Coleslaw</b> <b>Fruit and Milk</b>	<b>16</b> <b>General Tso's Chicken</b> <b>Yellow Rice</b> <b>Steamed Broccoli</b> <b>Fruit and Milk</b>	<b>17</b> <b>Mushroom Gravy</b> <b>Turkey Meatloaf</b> <b>WW Dinner Roll</b> <b>California Blend Vegetables</b> <b>Mashed Potatoes</b> <b>Fruit and Milk</b>	<b>18</b> <b>BBQ Pulled Pork</b> <b>WW Hamburger Bun</b> <b>Cole Slaw</b> <b>Southern Style Baked Navy Beans</b> <b>Fruit and Milk</b>	<b>19</b> <b>Salmon in Garlic Butter Sauce</b> <b>Challah Bread</b> <b>Beet Salad with Yogurt Dressing</b> <b>Cauliflower Rice</b> <b>Fruit, and Milk</b>
<b>22</b> <b>Meaty Mushroom and Cauliflower Bolognese</b> <b>WW Bread</b> <b>Arugula Salad with Balsamic Vinaigrette</b> <b>Fruit and Milk</b>	<b>23</b> <b>Center Closed for Rosh Hashanah – First Day</b>	<b>24</b> <b>Center Closed for Rosh Hashanah – Second Day</b>	<b>25</b> <b>Pork Roast with Mango Chutney</b> <b>WW Dinner Roll</b> <b>Cauliflower and Potato Mash</b> <b>Fruit and Milk</b>	<b>26</b> <b>Baked Salmon with Cilantro Citrus Sauce</b> <b>Black Beans and Rice</b> <b>Baby Carrots with Parsley</b> <b>Fruit and Milk</b>
<b>29</b> <b>Vegetarian Three Bean Chili</b> <b>Brown Rice</b> <b>Garden Salad</b> <b>Fruit and Milk</b>	<b>30</b> <b>BBQ Chicken Leg Quarters</b> <b>Baked Macaroni and Cheese</b> <b>WW Dinner Roll</b> <b>California Blend Vegetables</b> <b>Fruit and Milk</b>			

Meal Information: Lunch | Monday – Friday | 12:00 PM – 1:00 PM | 2nd FL. Dining Room

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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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