

## BREAKFAST MEAL CALENDAR JANUARY 2026

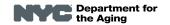
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
			1 Center Closed for New Year's Day	2 WW Grilled Mozzarella and Tomato Sandwich Oatmeal		
				Fruit, Juice, Milk		
5	6	7	8	9		
Hard Boiled Egg	Pancakes	Spinach & Mozzarella Frittata	Tropical Waffles with	Tuna Salad with Lettuce &		
Home Fries	Yogurt Parfait with	Veggie Sausage Patty	Mangoes and Whipped	Tomato		
Veggie Sausage Patty	Strawberries	WW English Muffin	Cream	WW Bread		
Oatmeal	Bran Flakes Cereal	Raisin Bran Cereal	Bran Flakes	Oatmeal		
Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk	Cottage Cheese Fruit, Juice, Milk	Fruit, Juice, Milk		
12	13	14	15	16		
Greek Breakafast Casserole	Apple Pancakes	Meatless Eggs Benedict	Apple Pie Oatmeal	Cheese Blintzes		
Home Fries	Bran Flakes Cereal	Home Fries with Peppers	Mini Croissant	Cinnamon Raisin Bagel		
Oatmeal	Yogurt Parfait With	and Onions	Veggie Sausage Patty	Fruit, Juice, Milk		
Fruit, Juice, Milk	Blueberries	Toasted Oats Cereal	Yogurt Parfait with Peaches			
	Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk			
19	20	21	22	23		
Center Closed for Martin	Tropical Waffles with	Shakshuka	WW Cinnamon French Toast	WW Grilled Mozzarella and		
Luther King Jr. Day	Mangoes and Whipped	WW Pita	Berry Sauce	Tomato Sandwich		
	Cream	Home Fries	Toasted Oat Cereal	Oatmeal		
	Oatmeal	Raisin Bran Flakes Cereal	Fruit, Juice, Milk	Fruit, Juice, Milk		
	Cottage Cheese	Fruit, Juice, Milk				
	Fruit, Juice, Milk					
26	27	28	29	30		
Hard Boiled Egg	Pancakes	Spinach & Mozzarella Frittata	Tropical Waffles with	Tuna Salad with Lettuce &		
Home Fries	Yogurt Parfait with	Veggie Sausage Patty	Mangoes and Whipped	Tomato		
Veggie Sausage Patty	Strawberries	WW English Muffin	Cream	WW Bread		
Oatmeal	Bran Flakes Cereal	Raisin Bran Cereal	Bran Flakes	Oatmeal		
Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk	Cottage Cheese	Fruit, Juice, Milk		
			Fruit, Juice, Milk			
Maal Information: In Darson Breakfoot   M	andou Fridou   0.00 AM   10.00 AM   2nd El	Dining Boom	MEAL KEY, MM- Whole Wheet	· · · · · · · · · · · · · · · · · · ·		

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 JANUARY 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Center Closed for New Year's Day	Teriyaki Baked Cod Fish Steamed Peas & Carrots Yellow Rice Broccoli with Toasted Garlic Fruit and Milk
5	6	7	8	9
California Veggie Burger WW Hamburger Bun French Fries Coleslaw Fruit and Milk	Sesame Orange Chicken Brown Rice California Blend Vegetables Fruit and Milk	Turkey Bean Chili Brown Rice Corn Bread Garden Salad Fruit and Milk	Baked Pork Chop WW Dinner Roll Garlic Mashed Potatoes Sauteed String Beans Fruit and Milk	Salmon in Garlic Butter Sauce Challah Bread Roasted Vegetables Couscous Baby Carrots & Parsley Fruit, and Milk
12 Crispy Baked Eggplant Parmesan with Tomato Sauce Classic Minestrone Soup WW Dinner Roll Broccoli and Red Peppers Fruit and Milk	13 Grilled Chicken Breast with Fresh Tomato and Feta Sauteed Spinach Lemon Whole Wheat Orzo Normandy Blend Vegetable WW Pita Fruit and Milk	14 Beef Stew Cauliflower Mash WW Dinner Roll Fruit and Milk	15 Spanish Style Pork Roast with Chimichurri Sauce California Blend Vegetables Roasted Spiced Red Potatoes WW Dinner Roll Fruit and Milk	16 Salmon with Cliantro Citrus Sauce Rice with Vegetable Baby Carrots & Parsley Fruit, and Milk
19 Center Closed for Martin Luther King Jr. Day	23 BBQ Chicken Leg Quarters Baked Macaroni and Cheese WW Dinner Roll California Blend Vegetables Fruit and Milk	24 Beef Hamburger WW Hamburger Bun Cole Slaw French Fries Fruit and Milk	25 Pernil (Roasted Pork Shoulder) Caribbean Rice & Red Beans Sauteed String Beans Yellow Plantains Fruit and Milk	Teriyaki Baked Cod Fish Steamed Peas & Carrots Yellow Rice Broccoli with Toasted Garlic Fruit and Milk
26 California Veggie Burger WW Hamburger Bun French Fries Coleslaw Fruit and Milk	27 Sesame Orange Chicken Brown Rice California Blend Vegetables Fruit and Milk	28 Turkey Bean Chili Brown Rice Corn Bread Garden Salad Fruit and Milk	29 Baked Pork Chop WW Dinner Roll Garlic Mashed Potatoes Sauteed String Beans Fruit and Milk	30 Salmon in Garlic Butter Sauce Challah Bread Roasted Vegetables Couscous Baby Carrots & Parsley 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 or call 646-395-4534