



BREAKFAST MEAL CALENDAR JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Meatless Eggs Benedict Home Fries with Peppers and Onions Toasted Oats Cereal Fruit, Juice, Milk	2 Cheese Blintzes Cinnamon Raisin Bagel Yogurt Parfait with Peaches Fruit, Juice, Milk	3 Center Closed in observance of Independence Day
6 Hard Boiled Eggs Veggie Sausage Patty Mini Crossant Fruit, Juice, Milk	7 Tropical Waffles with Strawberries and Whipped Cream Oatmeal Cottage Cheese Fruit, Juice, Milk	8 Shakshuka Home Fries WW Pita Raisin Bran Cereal Fruit, Juice, Milk	9 WW Cinnamon French Toast Bran Flaked Cereal Yogurt Parfait with Blueberries Fruit, Juice, Milk	10 WW Grilled Mozzarella and Tomato Sandwich Oatmeal Fruit, Juice, Milk
13 Hard Boiled Egg Home Fries Veggie Sausage Patty Oatmeal Fruit, Juice, Milk	14 Pancakes Yogurt Parfait with Strawberries Bran Flakes Cereal Fruit, Juice, Milk	15 Egg Frittata With Potatoes and Peas Veggie Sausage Patty WW English Muffin Raisin Bran Cereal Fruit, Juice, Milk	16 Tropical Waffles with Strawberry and Whipped Cream Bran Flakes Cottage Cheese Fruit, Juice, Milk	17 Tuna Salad with Lettuce & Tomato WW Bread Oatmeal Fruit, Juice, Milk
20 Greek Breakfast Casserole Home Fries Oatmeal Fruit, Juice, Milk	21 Cinnamon WW French Toast Bran Flakes Cereal Cottage Cheese Fruit, Juice, Milk	22 Meatless Eggs Benedict Home Fries with Peppers and Onions Toasted Oats Cereal Fruit, Juice, Milk	23 Cheese Blintzes Cinnamon Raisin Bagel Yogurt Parfait with Peaches Fruit, Juice, Milk	24 Buttermilk WW Biscuits Scrambled Eggs Grits Fruit, Juice, Milk
27 Hard Boiled Eggs Veggie Sausage Patty Mini Crossant Fruit, Juice, Milk	28 Tropical Waffles with Strawberries and Whipped Cream Oatmeal Cottage Cheese Fruit, Juice, Milk	29 Shakshuka Home Fries WW Pita Raisin Bran Cereal Fruit, Juice, Milk	30 WW Cinnamon French Toast Bran Flaked Cereal Yogurt Parfait with Blueberries Fruit, Juice, Milk	31 WW Grilled Mozzarella and Tomato Sandwich Oatmeal 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 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Beef Fajita with Sauteed Onions and Peppers Summer Corn and Pepper Salad WW Tortilla Fruit and Milk	2 Pernil (Roasted Pork Shoulder) Yellow Rice with Pigeon Peas Beet Salad Yellow Plantains Fruit and Milk	3 Center Closed in observance of Independence Day
6 Chickpea Curry Medley with Rice Spinach Salad with Lemon Vinaigrette Naan Bread Fruit and Milk	7 Sesame Orange Chicken Brown Rice Normandy Blend Vegetables Fruit and Milk	8 Beef Hamburger WW Hamburger Bun Coleslaw French Fries Fruit and Milk	9 Pork Meatballs Pasta with Homemade Tomato Sauce Broccoli with Toasted Garlic Fruit and Milk	10 Salmon with Teriyaki Sauce Steamed Peas and Carrots Yellow Rice California Blend Vegetables Fruit and Milk
13 WW Pita Pizza with Sauteed Mushrooms, Peppers & Onions Garden Salad with Chickpeas Fruit and Milk	14 BBQ Pulled Chicken WW Hamburger Bun Baked Beans Cabbage Carrot Slaw Fruit and Milk	15 Turkey Bean Chili Brown Rice Corn Bread Garden Salad Fruit and Milk	16 Baked Pork Chop WW Dinner Roll Garlic Mashed Potatoes Sauteed String Beans Fruit and Milk	17 Salmon in Garlic Butter Sauce Challah Bread Roasted Vegetables Couscous Baby Carrots & Parsley Fruit and Milk
20 California Veggie Burger WW Hamburger Bun Lettuce and Tomato French Fries Fruit and Milk	21 Grilled Chicken Breast with Fresh Tomato and Feta Lemon WW Orzo Normandy Blend Vegetable WW Pita Fruit and Milk	22 Beef Fajita with Sauteed Onions and Peppers Summer Corn and Pepper Salad WW Tortilla Fruit and Milk	23 Pernil (Roasted Pork Shoulder) Yellow Rice with Pigeon Peas Beet Salad Yellow Plantains Fruit and Milk	24 Lemon Salmon Rice with Vegetable Broccoli with Toasted Garlic Fruit and Milk
27 Chickpea Curry Medley with Rice Spinach Salad with Lemon Vinaigrette Naan Bread Fruit and Milk	28 Sesame Orange Chicken Brown Rice Normandy Blend Vegetables Fruit and Milk	29 Beef Hamburger WW Hamburger Bun Coleslaw French Fries Fruit and Milk	30 Pork Meatballs Pasta with Homemade Tomato Sauce Broccoli with Toasted Garlic Fruit and Milk	31 Salmon with Teriyaki Sauce Steamed Peas and Carrots Yellow Rice California Blend Vegetables Fruit and Milk