

BREAKFAST MEAL CALENDAR

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 French Toast with Berry Sauce Oatmeal Cottage Cheese Fruit, Juice, Milk	2 Egg A La Mexicana WW Tortilla Bran Flakes Cereal Fruit, Juice, Milk
5 Buttermilk WW Biscuits Scrambled Eggs Veggie Sausage Patty Raisin Bran Cereal Fruit, Juice, Milk	6 Waffle with Apple Butter Oatmeal Cottage Cheese Fruit, Juice, Milk	7 Meatless Eggs Benedict Raisin Bran Cereal Fruit, Juice, Milk	8 Pancake Farina Yogurt Parfait with Blueberries Fruit, Juice, Milk	9 Egg Frittata With Potatoes and Peas Veggie Sausage Patty WW English Muffin Raisin Bran Cereal Fruit, Juice, Milk
12 Hard Boiled Eggs Veggie Sausage Patty WW Bagel Fruit, Juice, Milk	13 Pancakes Bran Flakes Cereal Peach Yogurt Parfait Fruit, Juice, Milk	14 Baked Stuffed Potatoes Farina Mini Crossiant Fruit, Juice, Milk	15 Waffle with Apple Butter Bran Flakes Cereal Cottage Cheese Fruit, Juice, Milk	16 Cheese Blintzes with Berry Sauce Potato Pancake Fruit, Juice, Milk
19 Shakshuka WW Pita Home Fries Fruit, Juice, Milk	20 WW Grilled Mozzarella and Tomato Sandwich Oatmeal Peach Yogurt Parfait Fruit, Juice, Milk	21 Scrambled Eggs WW Bagel with Cream Cheese Raisin Bran Cereal	22 French Toast with Berry Sauce Oatmeal Cottage Cheese Fruit, Juice, Milk	23 Egg A La Mexicana WW Tortilla Bran Flakes Cereal Fruit, Juice, Milk
26 Buttermilk WW Biscuits Scrambled Eggs Veggie Sausage Patty Fruit, Juice, Milk	27 Waffle with Apple Butter Oatmeal Cottage Cheese Fruit, Juice, Milk	28 Meatless Eggs Benedict Bran Flakes Cereal Fruit, Juice, Milk	29 Pancake Farina Yogurt Parfait with Blueberries Fruit, Juice, Milk	30 Egg Frittata With Potatoes and Peas Veggie Sausage Patty WW English Muffin 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

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Parmesan with Tomato Sauce Pasta WW Dinner Roll Steamed Cauliflower Fruit and Milk	2 Baked Salmon with Cilantro Citrus Sauce Challah Bread Potato Pancake with Apple Sauce Cucumber Dill Salad Fruit and Milk
5 Southern Bean Chili with Chickpeas Brown Rice Corn Bread Steamed Baby Carrots and Parsley Fruit and Milk	6 Turkey Bolognese Pasta WW Dinner Roll Beet Salad Fruit and Milk	7 Roast Beef with Mashed Potatoes WW Dinner Roll Sauteed String Beans Fruit and Milk	8 Chicken Alfredo Penne WW Dinner Roll Steamed Broccoli with Toasted Garlic Fruit and Milk	9 Salmon Teriyaki Yellow Rice with steamed Peas and Carrots Steamed California Blend Vegetable Fruit and Milk
12 WW Pita Pizza with Veggie Italian Lentil Soup Fruit and Milk	13 BBQ Pulled Pork with Baked Macaroni and Cheese Cabbage Carrot Slaw Fruit and Milk	14 Turkey Meatloaf with Garlic Mashed Potatoes WW Dinner Roll Steam Baby Carrots and Parsley Fruit and Milk	15 General Tso's Chicken with Brown Rice and Steamed Peas Steamed Broccoli with Toasted Garlic Fruit and Milk	16 Garlic Butter Salmon with Chickpeas and Vegetable Rice Steamed Normandy Blend Vegetable Fruit and Milk
19 Honey Garlic Glazed Tofu with Vegetable Rice WW Dinner Roll Steamed Normandy Blend Vegetable Fruit and Milk	20 Baked Pork Chop with Yellow Rice Yellow Plantains and Beet Salad Fruit and Milk	21 Ground Beef Tacos with WW Tortilla, Lettuce and Tomato Bean Salad with French Dressing Fruit and Milk	22 Chicken Parmesan with Tomato Sauce Pasta WW Dinner Roll Steamed Cauliflower Fruit and Milk	23 Baked Salmon with Cilantro Citrus Sauce Challah Bread Potato Pancake with Apple Sauce Cucumber Dill Salad Fruit and Milk
26 Southern Bean Chili with Chickpeas Brown Rice Corn Bread Steamed Baby Carrots and Parsley Fruit and Milk	27 Turkey Bolognese Pasta WW Dinner Roll Beet Salad Fruit and Milk	28 Roast Beef with Mashed Potatoes WW Dinner Roll Sauteed String Beans Fruit and Milk	29 Chicken Alfredo Penne WW Dinner Roll Steamed Broccoli with Toasted Garlic Fruit and Milk	30 Salmon Teriyaki Yellow Rice with steamed Peas and Carrots Steamed California Blend Vegetable Fruit and Milk

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

MEAL KEY: WW= Whole Wheat

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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