

# BREAKFAST MEAL CALENDAR

## OCTOBER 2026

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

## OCTOBER 2026

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