

MAY LUNCH MENU 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Salad Cornbread Four Bean Salad Apple Milk, low fat, 1% Chocolate Pudding	3 Tofu Broccoli Curry Multigrain Flatbread Rounds Perfect White Rice Moong Dal (Whole Green Bean) Fruit Cocktail Milk, low fat, 1%	4 Roast Beef Whole Wheat Dinner Roll Garlic Mashed Potatoes Garlicky Boiled Vegetables Canned Pineapple Milk, low fat, 1%	5 CINCO DE MAYO Special Menu *Advanced purchase of ticket required for Indoor Dining and Grab & Go* Grab & Go will be moved to 2:00PM	6 Citrus Sesame Crusted Salmon Rice with Vegetables Broccoli with Toasted Garlic Orange Milk, low fat, 1% Special Dessert*
9 Vegetarian Chili Brown Rice (1 cup) Cornbread Mixed Green Salad Banana Milk, low fat, 1%	10 Mexican Style Chicken Thighs and Rice Spanish Rice Whole Wheat Bread Baby Spinach Salad Mango Milk, low fat, 1%	11 Pork Spare Ribs Whole Wheat Dinner Roll Braised Collard Greens Warm Potato Salad Pineapple (Fresh) (1/2 cup) Milk, low fat, 1%	12 Homemade Hamburger Bun, Whole Wheat Garden Salad Potato Salad Orange Milk, low fat, 1%	13 Baked Whiting Fish Fillets Rice Pilaf Whole Wheat Dinner Roll Black Eyed Pea Salad Pineapple (Fresh) (1/2 cup) Milk, low fat, 1%
16 Baked Chicken Quarters Whole Wheat Dinner Roll Baked Sweet Potato Broccoli with Toasted Garlic Canned Pineapple Milk, low fat, 1%	17 Turkey Meatloaf with Mushroom Gravy Challah Bread Instant Mashed Potatoes Steamed Cauliflower Banana Milk, low fat, 1%	18 Vegetarian Lasagna Garlic Bread Arugula Salad with Balsamic Vinegar Sliced Canned Peaches Milk, low fat, 1%	19 Breaded Pork Loin Quinoa with Black Beans and Corn Whole Wheat Dinner Roll Sautéed String Beans Fruit Cocktail Milk, low fat, 1%	20 Salmon in Garlic Butter Sauce Whole Wheat Dinner Roll Yellow Rice and Pigeon Peas Baby Spinach Salad Orange Juice Milk, low fat, 1%
23 Baked Breaded Fish Whole Wheat Dinner Roll Green Bean Sauté Spiced Sweet Potatoes Applesauce Milk, low fat, 1%	24 Spanish Style Baked Chicken Cilantro Lime Rice Steamed Cauliflower Canned Pineapple Milk, low fat, 1%	25 Eggplant Parmesan with Ricotta Penne Whole Wheat Dinner Roll CaliBlend Vegetables Banana Milk, low fat, 1%	26 Smothered Pork Chops Cornbread Garlic Mashed Potatoes Black Eyed Pea Salad Apple Plain Yogurt	27 Teriyaki Baked Fish Chinese Style Spaghetti Asian Cabbage Yellow Squash Orange Milk, low fat, 1%
30 CLOSED FOR MEMORIAL DAY	31 Mexican Style Chicken Thighs and Rice Spanish Rice Whole Wheat Bread Baby Spinach Salad Mango Milk, low fat, 1%	In Person Lunch Monday - Friday 12:00 - 12:45 PM 2nd FL Dining Room All members must finish eating by 12:45 PM* Grab and Go Breakfast and Lunch Monday - Friday 1:15 - 1:45 PM For Special Lunches advance purchase of ticket is required for indoor dining AND Grab and Go*		

MAY BREAKFAST MENU 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Scrambled Eggs Home Fries with Peppers and Onions Whole Wheat Bread Fruit Cocktail Orange Pineapple Juice Milk, low fat, 1% Butter	3 French Toast (pre-prepared) (2) Turkey Sausage Patty Farina Apple Grape Juice, Unsweetened Milk, low fat, 1%	4 Salmon Egg Frittata with Potatoes and Peas Toasted Oats Cereal Whole Wheat Mini Bagel Apple Juice Orange Milk, low fat, 1% Butter	5 Pancakes (pre-prepared) Pork Sausage Link Raisin Bran Cereal Banana Orange Juice Milk, low fat, 1%	6 Coconut Granola 1/4 cup Yogurt non-fat Blueberry Muffin (pre-prepared) Oatmeal (1 cup) Orange Pineapple Juice Milk, low fat, 1%
9 Egg a la Mexicana Bran Flakes Cereal Whole Wheat Tortilla Apple Juice Canned Mandarin Oranges Milk, low fat, 1% (2)	10 Turkey Sausage Patty Waffles (Pre-Prepared) Raisin Bran Cereal Apple Orange Pineapple Juice Milk, low fat, 1% (2) Pancake Syrup	11 Western Frittata English Muffin, Whole Wheat Toasted Oats Cereal Orange Milk, low fat, 1% (2) Grape Jelly	12 French Toast (pre-prepared) Pork Breakfast Sausage Patty Bran Flakes Cereal Banana Orange Juice Milk, low fat, 1% (2) Pancake Syrup	13 Cottage Cheese Low Sodium Corn Muffin (pre-prepared) Grape Juice, Unsweetened Sliced Canned Peaches Milk, low fat, 1% (2) Butter
16 Lettuce and Tomato Tuna Fish Salad Farina Whole Wheat Mini Bagel Apple Orange Juice Milk, low fat, 1%	17 Pancakes (pre-prepared) Turkey Sausage Patty Raisin Bran Cereal Apple Juice Banana Milk, low fat, 1% Pancake Syrup	18 Farmers Market Individual Omelets Mini Croissant Oatmeal (1 cup) Orange Orange Pineapple Juice Milk, low fat, 1%	19 Pork Sausage Link Waffles (Pre-Prepared) Toasted Oats Cereal Blueberries Orange Milk, low fat, 1% Pancake Syrup	20 Blueberry Muffin (pre-prepared) Bran Flakes Cereal Strawberries Milk, low fat, 1% Yogurt non-fat Butter
23 Scrambled Eggs Home Fries with Peppers and Onions Whole Wheat Bread Fruit Cocktail Orange Pineapple Juice Milk, low fat, 1% Butter	24 French Toast (pre-prepared) (2) Turkey Sausage Patty Farina Apple Grape Juice, Unsweetened Milk, low fat, 1% Pancake Syrup	25 Salmon Egg Frittata with Potatoes and Peas Toasted Oats Cereal Whole Wheat Mini Bagel Apple Juice Orange Milk, low fat, 1% Butter	26 Pancakes (pre-prepared) Pork Sausage Link Raisin Bran Cereal Banana Orange Juice Milk, low fat, 1% Pancake Syrup	27 Coconut Granola 1/4 cup Yogurt non-fat Blueberry Muffin (pre-prepared) Oatmeal (1 cup) Orange Pineapple Juice Milk, low fat, 1%
30 CLOSED FOR MEMORIAL DAY	31 Turkey Sausage Patty Waffles (Pre-Prepared) Raisin Bran Cereal Apple Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup	For general inquiries, please contact us at: Email: OASinfo@edalliance.org Tel: 646-395-4534 Address: 331 East 12th Street, New York, NY 10003 Website: https://edalliance.org/community-centers-programs/sirovich/		