



LUNCH MENU JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
In Person Lunch Monday – Friday 12:00 – 12:45 PM 2nd FL Dining Room All members must arrive by 12:30 to sit down and eat, and finish eating by 12:45 PM* Grab and Go Breakfast and Lunch Monday – Friday 1:15 – 1:45 PM		Funded by 	HAPPY 4TH OF JULY	1 Mini Hot Dog, Burger Slider Baked Beans, Potato Knish Fresh Melon Cup Strawberry Cheese Cake Coffee, Tea, Milk, Lemonade
4 CLOSED FOR Independence Day	5 Mexican Style Chicken Thighs and Rice WW Dinner Roll Baby Spinach Salad with Lemon Vinaigrette Fruit, Milk, low fat, 1%	6 Baked Ziti with Ricotta Garlic Bread Arugula Salad with Balsamic Vinaigrette Fruit, Milk, low fat, 1%	7 Smothered Pork Chops Cornbread Cauliflower Mash Corn and Peas Fruit, Milk, low fat 1%	8 Teriyaki Baked Fish Chinese Style Spaghetti Asian Cabbage Yellow Squash Fruit, Milk, low fat, 1%
11 Stuffed Shells (Pre-Prepared) Garlic Bread Mixed Green Salad Roasted Broccoli Fruit, Milk, low fat, 1%	12 Baked Mushroom Chicken Whole Wheat Bread Cauliflower and Potato Mash Garden Salad Fruit, Milk, low fat, 1%	13 Apricot-Glazed Pork Chops WW Bread Brown Rice with Mushrooms Roasted Broccoli Fruit, Milk, low fat, 1%	14 Homemade Hamburger Hamburger Bun, Whole Wheat Garden Salad Potato Salad Fruit, Milk, low fat, 1%	15 Coconut Curried Fish Rice Pilaf Whole Wheat Bread Yellow Plantains Fruit, Milk, low fat 1%
18 Pasta Primavera Garlic Bread Arugula Salad with Balsamic Vinaigrette Tomato Sauce (pre-prepared) (1/2 cup) Fruit, Milk, low fat, 1%	19 Baked Turkey Breast Whole Wheat Dinner Roll Baked Sweet Potato Steamed Cauliflower Fruit ,Milk, low fat, 1%	20 Fillet of Fish Sandwich Coleslaw (Pre-prepared) Lettuce and Tomato Roasted Sweet Potato Fries Fruit, Milk, low fat, 1%	21 Beef Meatballs in Tomato Sauce Whole Wheat Dinner Roll Broccoli with Toasted Garlic Fruit Milk, low fat 1%	22 Baked White Fish with Garlic Crumb Crust Challah Bread Mixed Vegetables Potato Pancake (Pre-prepared) Applesauce, Milk, low fat, 1%
25 Chicken Salad Cornbread Four Bean Salad Fruit Milk, low fat, 1%	26 Veggie Burger Patty (pre-prepared) Hamburger Bun, Whole Wheat Baby Spinach Salad with Lemon Vinaigrette Fruit Milk, low fat, 1%	27 Roast Beef Whole Wheat Dinner Roll Garlic Mashed Potatoes Mixed Vegetables with Garlic (starchy) Fruit, Milk, low fat, 1%	28 Grilled Maple Chipotle Pork Chops WW Dinner Roll Cole Slaw Potato Pancake (Pre-prepared) Fruit, Milk, low fat, 1%	29 Citrus Sesame Crusted Salmon Rice with Vegetables Broccoli with Toasted Garlic Fruit Milk, low fat, 1%

BREAKFAST MENU JULY 2022

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<p>For general inquiries, please contact us at: Email: OASinfo@edalliance.org Tel: 646-395-4534</p> <p>Address: 331 East 12th Street, New York, NY 10003 Website: https://edalliance.org/community-centers-programs/sirovich/</p>		<p>Funded by</p> 		<p>1 Lettuce and Tomato Tuna Fish Salad Bran Flakes Cereal Whole Wheat Mini Bagel Fruit, Juice and Milk 1%</p>
<p>4 CLOSED FOR Independence Day</p>	<p>5 French Toast (pre-prepared) (2) Turkey Sausage Patty Farina Fruit, Juice and Milk 1% Pancake Syrup</p>	<p>6 Salmon Egg Frittata with Potatoes and Peas Toasted Oats Cereal Whole Wheat Mini Bagel Fruit, Juice and Milk 1% Butter</p>	<p>7 Granola Yogurt non-fat Blueberry Muffin (pre-prepared) Oatmeal (1 cup) Juice and Milk 1% Pancake Syrup</p>	<p>8 Pancakes (pre-prepared) Pork Sausage Link Raisin Bran Cereal Fruit, Juice and Milk 1%</p>
<p>11 Egg a la Mexicana Bran Flakes Cereal Whole Wheat Tortilla Fruit, Juice and Milk 1%</p>	<p>12 Turkey Sausage Patty Waffles (Pre-Prepared) Raisin Bran Cereal Fruit, Juice and Milk 1%Pancake Syrup</p>	<p>13 Cottage Cheese Low Sodium Corn Muffin (pre-prepared) Fruit, Juice and Milk 1% Butter</p>	<p>14 French Toast (pre-prepared) Pork Breakfast Sausage Patty Bran Flakes Cereal Fruit, Juice and Milk 1% Pancake Syrup</p>	<p>15 Western Frittata English Muffin, Whole Wheat Toasted Oats Cereal Fruit, Juice and Milk 1%</p>
<p>18 Lettuce and Tomato Tuna Fish Salad Farina Whole Wheat Mini Bagel Fruit, Juice and Milk 1%</p>	<p>19 Blueberry Muffin (pre-prepared) Bran Flakes Cereal Strawberries Milk, low fat, 1% Yogurt non-fat Butter</p>	<p>20 Farmers Market Individual Omelets Mini Croissant Oatmeal (1 cup) Fruit, Juice and Milk 1%</p>	<p>21 Pork Sausage Link Waffles (Pre-Prepared) Toasted Oats Cereal Blueberries Juice and Milk 1%Pancake Syrup</p>	<p>22 Pancakes (pre-prepared) Turkey Sausage Patty Raisin Bran Cereal Fruit, Juice and Milk 1% Pancake Syrup</p>
<p>25 Scrambled Eggs Home Fries with Peppers and Onions Whole Wheat Bread Fruit, Juice and Milk 1% Butter</p>	<p>26 French Toast (pre-prepared) (2) Turkey Sausage Patty Farina Fruit, Juice and Milk 1%</p>	<p>27 Salmon Egg Frittata with Potatoes and Peas Toasted Oats Cereal Whole Wheat Mini Bagel Fruit, Juice and Milk 1% Butter</p>	<p>28 Pancakes (pre-prepared) Pork Sausage Link Raisin Bran Cereal Fruit, Juice and Milk 1%</p>	<p>29 Granola Yogurt non-fat Blueberry Muffin (pre-prepared) Oatmeal (1 cup) Juice and Milk 1%</p>