

March 2017 Whittaker Lunch Menu

Kosher • Under the supervision of the vaad of Flatbush. Penthouse View! Healthy, fresh food made on-site • requested contribution \$1.50 for lunch!
Monthly birthday celebrations – if it's your birthday, lunch is on us!

**Our popular lunches sell out fast
Pick up your lunch ticket at breakfast!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	1 Baked Haddock WW Roll Tossed Salad w/ beets Milk & Fruit	2 Stuffed Potato Brown Rice Lentil Soup Winter Blend Vegetables Milk & Fruit	3 Sole Lo Mein Noodles Broccoli & Peppers Milk & Fruit
6 Copia w/ Crumb Topping Brown Rice Carrots Beets Milk & Fruit	7 Black Bean Sweet Potato Stew Brown Rice Pea Soup Cauliflower Milk & Fruit	8 Trout WW Roll Baked Sweet Potato Green Beans Milk & Fruit	9 Eggplant Sandwich Mushroom Barley Soup Broccoli Milk & Fruit	10 Purim Party – Wear a Funny Hat! Tuna Brown Rice Kale Milk & Fruit
13 Lemon Sole Pasta Sweet Potato Cauliflower Milk & Fruit	14 Vegetable Pizza Carrots Beets Salad Milk & Fruit	15 Copia w/ soy glaze Fried Rice Broccoli teriyaki Milk & Fruit	16 Rice & Beans Green Bean Sauté Lentil Soup Milk & Fruit	17 St Patrick's Day & Birthday – Wear Your Green! Stuffed Cabbage Brown Rice Baby Carrots Milk & Fruit
20 Fish Cake WW Roll Roasted Potatoes Green Beans Milk & Fruit	21 Rice & beans Butternut Soup Carrots Milk & Fruit	22 Baked Haddock Rice w/ mushrooms Broccoli Sweet Potatoes Milk & Fruit	23 PROGRAM CLOSED (BAG LUNCH PICK UP ON WEDNESDAY) Egg salad	24 Seafood Lasagna Green Beans Tossed Salad Milk & Fruit
27 Trout Brown Rice Broccoli & Cauliflower Milk & Fruit	28 Eggplant Sandwich Broccoli Cheddar Soup Winter Veg. Blend Milk & Fruit	29 Sole Pasta Parmesan Broccoli Sweet Potato Milk & Fruit	30 Spaghetti & Meatballs Tomato Veg. Soup Green Beans Milk & Fruit	31 Tuna Bow Tie Pasta Peas & Carrots Milk & Fruit

197 East Broadway (4th & 6th Floors) | 646-395-4270 | MannyCantor.org

Center Opens at 8:00AM Monday-Friday

Breakfast: 8:30-9:30AM | Lunch: 12 noon-1PM

The Weinberg Center for Balanced Living is funded in part by New York City Department for the Aging

March 2017 Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	1 Cereal Pancakes + sauce Yogurt Milk, Fruit & Juice	2 Cereal Grilled Cheese Peppers Milk, Fruit & Juice	3 Cereal Apple Blintzes Cottage Cheese Milk, Fruit & Juice
6 Cereal French Toast + Sauce Veggie Sausage' Milk, Fruit & Juice	7 Cereal Yogurt & Fruit Salad Granola Milk & Juice	8 Cereal Scrambled Eggs WW Bread Milk, Fruit & Juice	9 Cereal Cheddar Baked Potato Muffin Milk, Fruit & Juice	10 Oatmeal Grilled Mozzarella Sandwich Roast Tomato Milk, Fruit & Juice
13 Cereal Waffles + Sauce Veggie Sausage Milk, Fruit & Juice	14 Cereal Egg White Omelet WW Roll Milk, Fruit & Juice	15 Cereal Apple Blintzes Challah Bread Milk, Fruit & Juice	16 Cereal Yogurt Fruit Salad + Granola Milk & Juice	17 Cereal Cheddar Potato WW Roll Milk, Fruit & Juice
20 Cereal French Toast + Sauce Veggie Sausage Milk, Fruit & Juice	21 Cereal Scrambled Eggs WW Bread Milk, Fruit & Juice	22 Oatmeal Pancakes + Sauce Veggie Sausage Milk, Fruit & Juice	23 PROGRAM CLOSED (BAG LUNCH PICK UP ON WEDNESDAY)	24 Cereal Egg Soufflé WW Roll Milk, Fruit & Juice
27 Cereal Boiled Egg WW Roll Milk, Fruit & Juice	28 Oatmeal Yogurt Fruit Salad & granola Milk & Juice	29 Cereal French Toast + Sauce Veggie Sausage Milk, Fruit & Juice	30 Cereal Scrambled Egg WW Bread Milk, Fruit & Juice	31 Cereal Cheddar Potato Roll Milk, Fruit & Juice

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