

## April 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
<b>3</b> Trout Pasta Green Beans Fruit & Milk	<b>4</b> Chickpea Stew Brown Rice Mushroom Barley Soup Sweet Potato Fruit & Milk	<b>5</b> Copia w/ Soy Glaze Fried Rice Broccoli Teriyaki Fruit & Milk	<b>6</b> Eggplant Parmigiana Hero Lentil Soup Mixed Vegetables Fruit & Milk	<b>7</b> Baked Haddock Pasta Primavera Baby Carrots Fruit & Milk
<b>10 Passover Meal Served Today</b>  Beef Meatballs Vegetables Fruit Matzoh	<b>11 Passover Meal Served Today</b>  Cold Turkey Salad Tossed salad Fruit Matzoh	<b>12 Passover Meal Served Today</b>  Tuna & Egg Salad Israeli Salad Matzoh	<b>13 Passover Meal Served Today</b>  Beef stew with vegetables Fruit Matzoh	<b>14 Passover Meal Served Today</b>  Roast chicken Potatoes Fruit matzoh
<b>17 Passover Meal Served Today</b>  Tuna & Egg Salad Quinoa with veggies Matzoh	<b>18 Passover Meal Served Today</b>  cold chicken salad Israeli salad Matzoh	<b>19</b> Breaded Flounder Pasta Parmesan Mixed Vegetables Fruit & Milk	<b>20</b> Rice & Beans Lentil Soup Green Beans Fruit & Milk	<b>21</b> Trout Pasta Sweet Potato Salad Fruit & Milk
<b>24</b> Salmon Burgers WW Bun Baked Fries Broccoli Fruit & Milk	<b>25</b> Pizza Cauliflower Soup Bean Salad Baby Carrots Fruit & Milk	<b>26</b> Tuna Penne Pasta Sweet Potato Salad Fruit & Milk	<b>27</b> Vegetable Lasagna Green Beans Salad Fruit & Milk	<b>28</b> Copia Lo Mein Noodles Broccoli Teriyaki Fruit & Milk

*During the Jewish Holiday of Passover, Manny Cantor Center closes its kitchen. Meals will be catered from Glatt Mart of Brooklyn. From April 10-18, we will serve only instant coffee, and there will be no bread, but there will be matzah at every meal.*

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

## April 2017 Breakfast Menu

Kosher • Under the supervision of the vaad of Flatbush. Penthouse View!  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cereal French Toast Fruit, Milk, Juice	4 Cereal Scrambled Eggs WW Bread Fruit, Milk, Juice	5 Cereal Pancakes Fruit, Milk, Juice	6 Oatmeal Muenster Cheese Mini Bagel Fruit, Milk, Juice	7 Cereal Fat Free Egg Soufflé WW Roll Fruit, Milk, Juice
10 <b>Passover Meal Served Today</b>  cold breakfast no bread	11 <b>Passover Meal Served Today</b>  cold breakfast no bread	12 <b>Passover Meal Served Today</b>  cold breakfast no bread	13 <b>Passover Meal Served Today</b>  cold breakfast no bread	14 <b>Passover Meal Served Today</b>  cold breakfast no bread
17 <b>Passover Meal Served Today</b>  cold breakfast no bread	18 <b>Passover Meal Served Today</b>  cold breakfast no bread	19 Cereal Boiled Egg English Muffin Milk, Fruit, Juice	20 Cereal Potato Bake WW Roll Milk, Fruit, Juice	21 Cereal Scrambled Eggs WW Bread Milk, Fruit, Juice
24 Cereal French Toast Fruit, Milk, Juice	25 Cereal Egg White Omelet WW Roll Fruit, Milk, Juice	26 Oatmeal Yogurt Fruit Salad Granola Milk, Juice	27 Cereal Boiled Egg WW Roll Fruit, Milk, Juice	28 Cereal Baked Potato WW Roll Fruit, Juice, Milk

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