

May 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 |
|---|---|---|---|---|
| 1 Haddock w/ Herbs Brown Rice Baby Carrots w/ Parsley Milk & Fruit | 2 Spaghetti & Meatballs Green Beans w/ Garlic & Lemon Milk & Fruit | 3 Baked Salmon Lo Mein Noodles Butternut Squash Mixed vegetables Milk & Fruit | 4 Chick Pea Stew Brown Rice Tomato vegetable Soup Roast Potatoes Milk & Fruit | 5 Lasagna WW Roll Broccoli Milk & Fruit |
| 8 Sole Fried Rice Broccoli Milk & Fruit | 9 Baked Ziti Lentil Soup Carrots w/ Parsley Butter Milk & Fruit | 10 Tuna Brown Rice Pilaf Sauteéd Peppers Green Beans Milk & fruit | 11 Twice Baked Potato Tomato Vegetable Soup/ WW Roll Cauliflower-Broccoli Milk & Fruit | 12 Mothers Day Party with Singing Salmon Pasta Primavera Tossed Salad Milk & Fruit |
| 15 Trout w/ Brown Butter Pasta Parmesan Green & Yellow Beans Milk & Fruit | 16 Chickpea Stew Brown Rice Mushroom Barley Soup Butternut Squash Milk & fruit | 17 Salmon Pasta Primavera Asparagus Milk & fruit | 18 Eggplant Parm Hero Broccoli Cheddar Soup Mixed Vegetables Milk & Fruit | 19 Haddock Fried Rice Broccoli Teriyaki Milk & fruit |
| 22 Baked Cobia w/ Vegetables WW Roll Baby Carrots Mashed Potatoes Milk & Fruit | 23 Vegetable Lasagna Pea Soup Capri Blend Vegetables Milk & Fruit | 24 Tuna Rice Risotto Salad Milk & Fruit | 25 Monthly Birthday Celebration Spaghetti & Meatballs Peas Milk & Fruit | 26 Salmon Lo Mein Noodles Broccoli Milk & Fruit |
| 29 CLOSED for Memorial Day | 30 Meatball Hero Broccoli Potato Soup Cauliflower Milk & Fruit | 31 Shavout Cold Salmon Pasta Salad Broccoli 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

May 2017 Breakfast Menu

Kosher • Under the supervision of the vaad of Flatbush. Penthouse View!
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| 1 Cereal French Toast + Sauce Milk, Fruit & Juice | 2 Cereal Potato Cheddar Bake Croissant Milk, Fruit & Juice | 3 Cereal Scrambled Eggs WW Bread Milk, Fruit & Juice | 4 Cereal Mozzarella sandwich Roast Tomato Milk, Fruit & Juice | 5 Cereal Yogurt Granola Fruit Salad Milk & Juice |
| 8 Cereal Boiled Eggs WW Roll Milk, Fruit & Juice | 9 Cereal Potato Cheddar Bake Croissant Milk, Fruit & Juice | 10 Cereal Pancakes + Sauce Veggie Sausage Milk, Fruit & Juice | 11 Cereal Grilled Cheese Roast Tomato Milk, Fruit & Juice | 12 Cereal Blintzes Cottage Cheese Milk, Fruit & Juice |
| 15 Cereal French Toast + Sauce Milk, Fruit & Juice | 16 Cereal Scrambled Eggs WW Bread Milk, Fruit & Juice | 17 Cereal Waffles + Sauce Veggie Sausage Milk, Fruit & Juice | 18 Cereal Muenster Cheese WW Mini Bagel Milk, Fruit & Juice | 19 Cereal Eggbeater's Soufflé WW Roll Milk, Fruit & Juice |
| 22 Cereal Pancakes + Sauce Veggie Sausage Milk, Fruit & Juice | 23 Cereal Egg White Omelet WW Roll Milk, Fruit & Juice | 24 Cereal Blintzes Yogurt Milk, Fruit & Juice | 25 Cereal Boiled Eggs WW Rolls Milk, Fruit & Juice | 26 Cereal Potato Cheddar Bake English Muffin Milk, Fruit & Juice |
| 29 CLOSED for Memorial Day | 30 Cereal Waffles + Sauce Veggie Sausage Milk, Fruit & Juice | 31 Cereal Yogurt Granola Fruit Salad Milk & Juice | | |

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