

JULY 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
3 Tuna Salad WW Roll Corn Salad Cole Slaw Milk & Fruit	4 	5 Baked Tuna Brown Rice Butternut Squash Tossed Salad Milk & Fruit	6 Vegetable Lasagna Green Salad Green Bean Sauté Milk & Fruit	7 Salmon Lo Mein Noodles Broccoli Milk & Fruit
10 Trout w/ Herbs Brown Rice Cauliflower Milk & Fruit	11 Eggplant Parmigiana Hero Butternut Soup California Vegetable Blend Milk & Fruit	12 Salmon Pasta Primavera Collard Green Carrots Milk & Fruit	13 Spaghetti & Meatballs Pea Soup Kale Milk & Fruit	14 Lemon Sole Penne Pasta Baked Sweet Potato Salad Milk & Fruit
17 Fish Cakes Brown Rice Pilaf Vegetable Blend Kale Milk & Fruit	18 Vegetable Pizza Cauliflower Soup Baby Carrots 3 Bean Salad Milk & Fruit	19 Tuna Mushroom Rice Spinach Salad Milk & Fruit	20 Cheese Manicotti Vegetable Soup WW Roll Green Beans Tossed Salad Milk & Fruit	21 Salmon Lo Mein Noodles Broccoli Teriyaki Milk & Fruit
24 Haddock w/ Sweet & Sour Glaze Brown Rice Chinese Cabbage Baby Carrots Milk & Fruit	25 Chickpea Stew Brown Rice Mushroom Barley Soup Spinach Milk & Fruit	26 Salmon Fried Rice Stir Fry Vegetables Milk & Fruit	27 Spaghetti & Meatballs Spinach Salad California Veg Blend Milk & Fruit	28 Vegetable Lasagna WW Roll Broccoli Salad Milk & Fruit
31 Baked Salmon Mushroom Rice Broccoli & Cauliflower Milk & Fruit	<p>New Member Breakfast on Thursday, July 6th Meet the staff & volunteers! Learn about our activities! Discover other programs in the building! Breakfast is free to members who joined in 2017</p>			

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

JULY 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 Muenster Cheese Mini Bagel Milk, Fruit, Juice	4 CLOSED 	5 Cereal Pancakes Cottage Cheese	6 New Member Breakfast!! Cereal Egg Frittata WW Roll Milk, Fruit, Juice	7 Cereal Cheddar Potato Bake Croissant Milk, Fruit, Juice
10 Cereal Waffles Veggie Sausage Milk, Fruit, Juice	11 Cereal Hard Boiled Egg WW Roll Milk, Fruit, Juice	12 Cereal French Toast Veggie Sausage Milk, Fruit, Juice	13 Cereal Egg White Omelet WW Bread Milk, Fruit, Juice	14 Cereal Cheddar Potato Bake Milk, Fruit, Juice
17 Cereal Pancakes Yogurt Milk, Fruit, Juice	18 Cereal Cheese Mini Bagel Milk, Fruit, Juice	19 Cereal Scrambled Eggs WW bread Milk, Fruit, Juice	20 Cereal Cheddar Potato Bake Croissant Milk, Fruit, Juice	21 Cereal Hard Boiled Egg WW Roll Milk, Fruit, Juice
24 Cereal Waffles Veggie Sausage Milk, Fruit, Juice	25 Cereal Cheddar Potato Bake Croissant Milk, Fruit, Juice	26 Cereal Hard Boiled Eggs WW Roll Milk, Fruit, Juice	27 Cereal Grilled Cheese Roast Tomato Milk, Fruit, Juice	28 Cereal Apple Blintzes Cottage Cheese Milk, Fruit, Juice
31 Cereal French Toast Veggie Sausage Milk, Fruit, Juice		<p>New Member Breakfast on Thursday, July 6th Meet the staff & volunteers! Learn about our activities! Discover other programs in the building! Breakfast is free to members who joined in 2017</p>		

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