

## AUGUST 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>1</b><br>Baked Ziti<br>Tomato Vegetable Soup<br>Baby Carrots<br>Milk & Fruit                        | <b>2</b><br>Breaded Flounder<br>Pasta Primavera<br>Green Bean Sauté<br>Milk & Fruit            | <b>3</b><br>Cheese Tortellini<br>Cream of Broccoli Soup<br>Sweet Potato<br>Milk & Fruit               | <b>4</b><br>Baked Haddock<br>WW Roll<br>Cauliflower & Carrots<br>Tossed Salad<br>Milk & Fruit |
| <b>7</b><br>Trout<br>Penne Pasta<br>Parmesan<br>Kale w/ Lemon<br>Milk & fruit      | <b>8</b><br>Chickpea Stew<br>Brown Rice<br>Mushroom Barley Soup<br>Squash<br>Milk & fruit              | <b>9</b><br>Salmon<br>Brown Rice w/ mushrooms<br>Broccoli & Peppers<br>Milk & Fruit            | <b>10</b><br>Eggplant<br>Parmigiana Hero<br>Lentil Soup<br>Capri vegetables<br>Milk & fruit           | <b>11</b><br>Baked Sole w/Herbs<br>Pasta w/ Peas<br>Carrot Salad<br>Milk & fruit              |
| <b>14</b><br>Tuna<br>WW Roll<br>Baby Carrots<br>Mexican style Corn<br>Milk & fruit | <b>15</b><br>Spaghettis & Veggie Meatballs<br>Capri Vegetables<br>Broccoli Potato Soup<br>Milk & Fruit | <b>16</b><br>Trout<br>Brown Rice<br>Green Salad<br>Milk & Fruit                                | <b>17</b><br>Vegetable Lasagna<br>Green Bean Sauté<br>Mixed Salad<br>Milk & fruit                     | <b>18</b><br>Salmon Teriyaki<br>Lo Mein Noodles<br>Stir Fry Vegetables<br>Milk & fruit        |
| <b>21</b><br>Sole<br>Fried Rice<br>Broccoli Teriyaki<br>Milk & Fruit               | <b>22</b><br>Eggplant<br>Parmigiana Hero<br>Butternut Soup<br>California Vegetables<br>Milk & Fruit    | <b>23</b><br>Salmon in Lemon Sauce<br>Pasta Primavera<br>Cauliflower & Carrots<br>Milk & fruit | <b>24</b><br>Veggie Meatball Hero<br>Pea Soup<br>Spinach Salad<br>Milk & Fruit                        | <b>25</b><br>Breaded Flounder<br>Penne Parmesan<br>Squash<br>Tossed Salad<br>Milk & fruit     |
| <b>28</b><br>Fish Cakes<br>Brown Rice<br>California Vegetables<br>Milk & Fruit     | <b>29</b><br>Vegetable Pizza<br>3 Bean Salad<br>Cauliflower Soup<br>Baby Carrots<br>Milk & Fruit       | <b>30</b><br>Haddock<br>Brown Rice w/ Mushrooms<br>Spinach Salad<br>Milk & Fruit               | <b>31</b><br>Cheese Manicotti<br>Tomato Vegetable Soup<br>WW Roll<br>Green Bean Sauté<br>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

## AUGUST 2017 Breakfast Menu

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| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
|  | <b>1</b><br>Cereal<br>Cheddar Potato<br>Bake<br>Milk, Fruit & Juice             | <b>2</b><br>Cereal<br>Scrambled Egg<br>WW Bread<br>Milk, Fruit & Juice     | <b>3</b><br>Cereal<br>Grilled Mozzarella<br>Roast Tomatoes<br>Milk, Fruit & Juice | <b>4</b><br>Cereal<br>Boiled Egg<br>Mini Bagel<br>Milk, Fruit & Juice        |
| <b>7</b><br>Cereal<br>Pancakes<br>Veggie Sausage<br>Milk, Fruit & Juice      | <b>8</b><br>Cereal<br>Apple Raisin<br>Blintzes<br>Yogurt<br>Milk, Fruit & Juice | <b>9</b><br>Cereal<br>Egg White Omelet<br>WW Bread<br>Milk, Fruit & Juice  | <b>10</b><br>Cereal<br>Boiled Egg<br>English Muffin<br>Milk, Fruit & Juice        | <b>11</b><br>Cereal<br>Cheddar Potato<br>Bake<br>Milk, Fruit & Juice         |
| <b>14</b><br>Cereal<br>French Toast<br>Veggie Sausage<br>Milk, Fruit & Juice | <b>15</b><br>Cereal<br>Scrambled Eggs<br>WW Bread<br>Milk, Fruit & Juice        | <b>16</b><br>Cereal<br>Waffles<br>Yogurt<br>Milk, Fruit & Juice            | <b>17</b><br>Cereal<br>Yogurt<br>Fruit Salad<br>Croissant<br>Milk & Juice         | <b>18</b><br>Cereal<br>Eggbeater Frittata<br>WW Bread<br>Milk, Fruit & Juice |
| <b>21</b><br>Cereal<br>Pancakes<br>Veggie Sausage<br>Milk, Fruit & Juice     | <b>22</b><br>Cereal<br>Boiled Egg<br>WW Roll<br>Milk, Fruit & Juice             | <b>23</b><br>Cereal<br>Egg white Omelet<br>WW Bread<br>Milk, Fruit & Juice | <b>24</b><br>Cereal<br>French Toast<br>Veggie Sausage<br>Milk, Fruit & Juice      | <b>25</b><br>Cereal<br>Cheddar Potato<br>Bake<br>Milk, Fruit & Juice         |
| <b>28</b><br>Cereal<br>Waffles<br>Veggie Sausage<br>Milk, Fruit & Juice      | <b>29</b><br>Cereal<br>Yogurt<br>Fruit Salad<br>Croissant<br>Milk & Juice       | <b>30</b><br>Cereal<br>Scrambled Eggs<br>W Bread<br>Milk, Fruit & Juice    | <b>31</b><br>Cereal<br>Boiled Egg<br>WW Roll<br>Milk, Fruit & Juice               |  |

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