



Weinberg Center for Balanced Living

@ the Manny Cantor Center | 197 East Broadway, NY, NY 10002

December 2019 Weinberg Breakfast Menu

Kosher • Under the supervision of the vaad of Flatbush. Penthouse View!
 Healthy, fresh food made on-site • requested contribution \$1.00 for breakfast!
 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
2 Veggie Sausage Patty Waffles Cold Cereal Milk, Fruit, Juice	3 Hard Boiled Egg Rice Congee Hot Cereal Milk, Fruit, Juice	4 Grilled Mozzarella & Tomato Sandwich Pineapple Waldorf Hot Cereal Milk, Juice, Fruit	5 Rice Congee with Fish Mini Croissant Hot Cereal Milk, Juice, Fruit	Scrambled Eggs 6 w/ Red Peppers & Onions Veggie Bacon Strips, Pita Milk, Fruit, Juice
9 French Toast Veggie Sausage Patty Hot Cereal Milk, Fruit, Juice	10 Salmon Egg Frittata w/ Potatoes & Peas Home Fries Hot Cereal Milk, Fruit, Juice	11 Rice Congee with Fish Mini Croissant Cold Cereal Milk, Juice, Fruit	12 Hard Boiled Egg Rice Congee Cold Cereal Milk, Juice, Fruit	13 Baked Potatoes Cheddar Cheese Veggie Bacon Strips Hot Cereal Milk, Fruit, Juice
16 Scrambled Eggs Tomato Hot Cereal Mini Bagel Milk, Fruit, Juice	17 Whole Wheat English Muffin BLT Hot Cereal Home Fries Milk, Fruit, Juice	18 Hard Boiled Egg Rice Congee Bran Muffin Hot Cereal Milk, Juice, Fruit	19 Rice Congee with Fish Cold Cereal Mini Croissant Milk, Fruit, Juice	20 Hard Boiled Egg Moroccan Style Sauce Hot Cereal, Pita Milk, Fruit, Juice
23 Cheddar & Potato Bake Cold Cereal Mini Croissant Milk, Fruit, Juice	24 Hard Boiled Egg Rice Congee Cold Cereal Milk, Juice, Fruit	25 Closed for the Holiday	26 Rice Congee with Fish Cold Cereal Milk, Juice, Fruit	27 Scrambled Eggs Veggie Bacon Strips Mini Bagel Milk, Fruit, Juice
30 Hard Boiled Egg Rice Congee Bran Muffin Cold Cereal Milk, Juice, Fruit	31 Pancakes Veggie Sausage Patty Hot Cereal Milk, Fruit,			



Contact Us: 646-395-4270
 Visit Us: MannyCantor.org
 Center Opens: @ 8AM / Office Hours: @ 10AM—2PM Monday - Friday
 Breakfast: 8:30AM—9:30AM / Lunch: 12PM—1PM

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





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December 2019 Weinberg Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Salmon Cakes Bowtie Pasta w/Kasha Roasted Beets Milk, Fruit	3 Lentil Stew w/Carrots Turnips Veggie Sausage Baby Spinach Salad Milk, Fruit	4 Baked Fish w/Garlic Sauce Brown Rice California Vegetables Milk, Fruit	5 Stuffed Shells w/Cheese Whole Wheat Bread Broccoli w/ Toasted Garlic Milk, Fruit	6 Apricot Glazed Salmon Brown Rice Asian Steamed Cauliflower Milk, Fruit
9 Eggplant Parmesan w/ Ricotta Pasta Lemon Garlic Escarole Milk, Fruit	10 Egg Drop Soup Tofu Brown Rice Broccoli w/Teriyaki Sauce Milk, Fruit	11 Spiced Sweet Potatoes Veggie Burger Patty & WW Bun Cabbage Carrot Slaw Milk, Fruit	12 Vegetable Soup Potato Spinach Frittata WW Dinner Roll Mixed Green Salad Milk, Fruit	13 Egg Drop Soup Baked Fish w/ Sweet & Sour Sauce White Rice Garlic Broccoli Milk, Fruit
16 Fish Tacos Brown Rice w/ Beans Cabbage Carrot Slaw Milk, Fruit	17 Egg Drop Soup Tofu Brown Rice Broccoli w/Teriyaki Sauce Milk, Fruit	18 Baked Fish w/Soy Sauce Lo Mein Garlic Bread Bok Choy w/ Garlic Milk, Fruit	19 Lentil Soup Cheese Ravioli Garlic Bread Zucchini & Peas Milk, Fruit	20 Baked Salmon White Rice Asian Cabbage Milk, Fruit
23 Baked Fish w/ Garlic Sauce Rice w/ Vegetables Broccoli & Peppers Milk, Fruit	24 Spiced Sweet Potatoes Veggie Burger Patty & WW Bun Baby Spinach Salad Milk, Fruit	25 <div style="text-align: center; color: red; font-weight: bold;"> Closed for the Holiday </div>	26 Escarole & White Bean Soup WW Cheese Pizza Beet Salad Milk, Fruit	27 Butternut Squash Soup Fish Sandwich French Fries Milk, Fruit
30 Baked Breaded Fish WW Dinner Roll Beet Salad w/ Yogurt Dressing Mashed Potatoes Milk, Fruit	31 Eggplant Parmesan w/ Ricotta Pasta Lemon Garlic Escarole Milk, Fruit			



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12/2019 Weinberg 早餐菜單 早餐建議捐贈 \$1.00

每日必供應的麥片、牛奶、水果和果汁不再開列於下列欄內

熱門午餐極快售完
早餐時請提前登記

星期一	星期二	星期三	星期四	星期五
2 素肉餅 華夫餅 凍麥片 牛奶, 水果, 果汁	3 水煮蛋 米粥 熱燕麥片 牛奶, 水果, 果汁	4 芝士番茄三明治 菠蘿雜果沙律 熱燕麥片 牛奶, 果汁, 水果	5 魚米粥 迷你牛角包 熱燕麥片 牛奶, 果汁, 水果	6 紅辣椒洋蔥炒蛋 素肉條 皮塔餅 牛奶, 水果, 果汁
9 法式吐司 素肉餅 熱燕麥片 牛奶, 水果, 果汁	10 三文魚 馬鈴薯青豆煎蛋餅 焗馬鈴薯 熱燕麥片 牛奶, 水果, 果汁	11 魚米粥 迷你牛角包 凍麥片 牛奶, 果汁, 水果	12 水煮蛋 米粥 凍麥片 牛奶, 果汁, 水果	13 焗芝士馬鈴薯 素肉條 熱燕麥片 牛奶, 水果, 果汁
16 炒雞蛋 番茄 熱燕麥片 迷你貝果 牛奶, 水果, 果汁	17 全麥英式鬆餅 素肉條生菜番茄 熱燕麥片 焗馬鈴薯條 牛奶, 水果, 果汁	18 水煮蛋 米粥 小蛋糕 熱燕麥片 牛奶, 果汁, 水果	19 魚米粥 凍麥片 迷你牛角包 牛奶, 水果, 果汁	20 水煮蛋 摩洛哥風味醬 皮塔餅 熱麥片 牛奶, 水果, 果汁
23 焗芝士馬鈴薯 凍麥片 迷你牛角包 牛奶, 水果, 果汁	24 水煮蛋 米粥 凍麥片 牛奶, 果汁, 水果	25 假期休息 中心關閉	26 魚米粥 凍麥片 牛奶, 果汁, 水果	27 炒雞蛋 素肉條 迷你貝果 牛奶, 水果, 果汁
30 水煮蛋 米粥 小蛋糕 凍麥片 牛奶, 果汁, 水果	31 煎薄餅 素肉餅 熱燕麥片 牛奶, 果汁, 水果			



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熱門午餐極快售完

早餐時請提前登記

12/2019 Weinberg 午餐菜單 午餐建議捐贈：\$2

如果您是當月生日 每月生日午餐當天免捐贈費
每日必供應的牛奶和水果 不再開列於下列欄內

星期一	星期二	星期三	星期四	星期五
2 三文魚餅 蝴蝶結意粉 焗甜菜 牛奶, 水果	3 燉蘿蔔扁豆胡蘿蔔 素肉腸 菠菜沙律 牛奶, 水果	4 蒜香焗魚 糙米飯 加州蔬菜 牛奶, 水果	5 芝士大貝殼粉 全麥麵包 蒜香西蘭花 牛奶, 水果	6 杏脯醬三文魚 糙米飯 中式花椰菜 牛奶, 水果
9 芝士焗茄子 意粉 檸檬大蒜菊苣菜 牛奶, 水果	10 蛋花湯 豆腐 糙米飯 照燒醬西蘭花 牛奶, 水果	11 焗蕃薯 素肉餅 全麥麵包 捲心菜胡蘿蔔沙律 牛奶, 水果	12 蔬菜湯 馬鈴薯菠菜蛋餅 全麥麵包 蔬菜沙律 牛奶, 水果	13 蛋花湯 甜酸醬汁焗魚 白米飯 蒜香西蘭花 牛奶, 水果
16 墨西哥式焗魚 青豆糙米飯 捲心菜胡蘿蔔 沙律 牛奶, 水果	17 蛋花湯 豆腐 糙米飯 照燒醬西蘭花 牛奶, 水果	18 醬油焗魚 撈面 蒜蓉麵包 蒜香白菜 牛奶, 水果	19 扁豆湯 芝士餃子 蒜蓉包 青豆西葫蘆 牛奶, 水果	20 烤三文魚 白米飯 中式花椰菜 牛奶, 水果
23 蒜蓉焗魚 蔬菜飯 辣椒西蘭花 牛奶, 水果	24 焗蕃薯 素肉餅 全麥麵包 菠菜沙拉 牛奶 水果	25 假期休息 中心關閉	26 菊苣白豆湯 全麥芝士披薩餅 甜菜沙拉 牛奶, 水果	27 胡桃南瓜湯 魚三明治 焗馬鈴薯 牛奶, 水果
30 烤麵包糠魚 全麥麵包 甜菜沙律 馬鈴薯泥 牛奶, 水果	31 芝士焗茄子 意粉 檸檬大蒜菊苣菜 牛奶, 水果 -			



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