



WEINBERG CENTER FOR BALANCED LIVING MARCH 2023 BREAKFAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUARY 27 Blueberry Pancakes Mini Croissant Whole Wheat Bread Raisins	FEBRUARY 28 Rice Congee w/Fish Veggie Sausage Link Whole Wheat Pita Raisins	MARCH 1 Hard Boiled Egg Veggie Bacon Strips Whole Wheat Bread Raisins	MARCH 2 Rice Congee w/Fish Veggie Sausage Patty Whole Wheat Pita Raisins	MARCH 3 Plain French Toast Veggie Sausage Link Whole Wheat Bread Raisins
6 Egg a la Mexicana Home Fries Whole Wheat Bread	7 Cinnamon French Toast Veggie Bacon Strips Salad	8 Rice Congee with Fish Mini Whole Wheat Bagel Veggie Sausage Link	9 Farina Veggie Bacon Strips Whole Wheat Bread	10 Rice Congee w/Fish Veggie Sausage Link Corn Muffins
13 Farina Veggie Bacon Strips Whole Wheat Bread	14 Cinnamon French Toast Veggie Sausage Link Whole Wheat Bread	15 Rice Congee with Fish Veggie Sausage Patty Whole Wheat Bread	16 Hard Boiled Egg Home Fries Whole Wheat Bread Multigrain Cheerios	17 Steel Cut Oatmeal w/Milk Veggie Bacon Strips Whole Wheat Bread
20 Rice Congee with Fish Cream Cheese Mini Whole Wheat Bagel	21 Hard Boiled Egg Veggie Bacon Strips Whole Wheat Bread Raisins	22 Plain French Toast Veggie Sausage Patty	23 Scrambled Eggs Home Fries w/ Peppers and Onions Whole Wheat Bread Plain Low-Fat Yogurt	24 Rice Congee with Fish Corn Muffins Veggie Sausage Link Raisins
27 Multigrain Cheerios WW English Muffin BLT	28 Rice Congee w/Fish Veggie Sausage Link Whole Wheat Bread	29 Scrambled Eggs w/ Red Peppers and Onions Home Fries	30 Rice Congee with Fish Veggie Bacon Strips Whole Wheat Bread	31 Pancakes Veggie Sausage Patty Multigrain Cheerios

Each Breakfast Meal Includes Fruit, Juice & 1% Low Fat Milk

The Weinberg Center for Balanced Living is funded in part by the New York City Department for the Aging. Please note that this menu is subject to change.



WEINBERG CENTER FOR BALANCED LIVING MARCH 2023 LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUARY 27 Veggie Burger on a Bun Lettuce and Tomato French Fries	FEBRUARY 28 Brazilian Fish Stew Rice and Red Beans Whole Wheat Bread Cauliflower and Potatoes	MARCH 1 Baked Salmon w/ Lemon Garlic Butter Sauce Baked Red Potatoes Whole Wheat Bread Roasted Brussel Sprouts	MARCH 2 Kidney Bean and Vegetable Stew Plain Pita Bread Baby Spinach Salad w/Lemon Vinaigrette	MARCH 3 Citrus Sesame Salmon Cilantro Lime Rice Whole Wheat Bread Roasted Zucchini
6 Tuna Fish Salad French Fries Plain Pita Lettuce and Tomato	7 Baked Fish with Black Bean Sauce Cumin-Spiced Rice Whole Wheat Pita California Blend Veggies	8 – HAPPY PURIM! TICKETING BEGINS ON 2/27 (MON)	9 Chickpea Stew w/Chard Couscous Honey Garlic Roasted Cauliflower	10 Baked Salmon Cajun-Style Rice Roasted Broccoli Whole Wheat Pita Bread
13 Baked Breaded Fish Perfect White Rice WW Dinner Roll Roasted Broccoli	14 – HAPPY BIRTHDAY! Baked Salmon with Cilantro Citrus Sauce Pesto Pasta Sautéed Summer Squash w/ Corn and Tomatoes	15 Black Bean & Sweet Potato Chili Cumin Spiced Rice Mixed Green Salad Whole Wheat Dinner Roll	16 – DANCE PERFORMANCE Lentil Soup Veggie Burger with Bun French Fries Baby Spinach Salad	17 Baked White Fish w/ Garlic Crumb Crust Orzo Seasoned Napa Cabbage
20 Breaded Fish Fillet Roasted Potatoes Whole Wheat Bread Cauliflower & Pea Curry	21 Fish w Fresh Salsa Relish Perfect White Rice Whole Wheat Bread Broccoli w/Toasted Garlic	22 Vegetable Alfredo Pasta Garlic Bread Italian Cut Green Beans	23 Black Bean and Sweet Potato Chili Rice Pilaf WW Bread Garden Salad	24 Pineapple Glazed Salmon Mashed Sweet Potatoes Whole Wheat Bread Brussel Sprouts
27 Lentil Soup Challah Bread Tuna Fish Salad Baby Spinach Salad	28 Breaded Fish Fillets Yellow Rice Vegetable Mix	29 Baked Penne w/Sausage, Chard, & Mushrooms Garlic Bread Roasted Zucchini	30 Fish Curry Brown Rice Roasted Broccoli Egg Drop Soup	31 Korean BBQ Salmon Vegetable Lo Mein Braised Red Cabbage w/ Apples

Each Lunch Meal Includes Fruit & 1% Low Fat Milk

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