



WEINBERG CENTER FOR BALANCED LIVING MAY 2023 BREAKFAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
MAY 1 Rice Congee with Fish Plain Low-Fat Yogurt Mini Whole Wheat Bagel Grape Jelly Cream Cheese	2 Hard Boiled Egg Veggie "Bacon" Strips Whole Wheat Bread Raisins	3 Plain French Toast Veggie Sausage Patty Whole Wheat Bread	4 Scrambled Eggs Home Fries w/Peppers and Onions Whole Wheat Bread Plain Low-Fat Yogurt	5 Rice Congee with Fish Corn Muffins Veggie Sausage Link Raisins
8 Multigrain Cheerios Whole Wheat Bread Whole Wheat English Muffin BLT	9 Rice Congee with Fish Veggie Sausage Link	10 Scrambled Eggs with Red Peppers and Onions Home Fries Whole Wheat Pita	11 Rice Congee with Fish Veggie Bacon Strips Whole Wheat Bread	12 Pancakes Veggie Sausage Patty
15 Raisin Bran Cereal Rice Congee with Fish Whole Wheat Bread	16 Plain French Toast Veggie Sausage Link Whole Wheat Bread	17 Rice Congee with Fish Mini Whole Wheat Bagel Veggie Bacon Strips	18 Hard Boiled Egg Veggie Sausage Patty Whole Wheat Bread Raisins	19 Waffles Veggie Sausage Link Whole Wheat Bread Grape Jelly
22 Blueberry Pancakes Mini Croissant Whole Wheat Bread Raisins	23 Rice Congee with Fish Veggie Sausage Link Whole Wheat Pita Raisins	24 Hard Boiled Egg Veggie Bacon Strips Whole Wheat Bread Raisins	25 Rice Congee with Fish Veggie Sausage Patty Whole Wheat Pita	26 – Cold Meal Cold Cereal Waldorf Fruit Salad Yogurt
MAY 29 CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY	MAY 30 Cinnamon French Toast (Whole Wheat) Plain Mini Bagel Whole Wheat Bread	MAY 31 Rice Congee with Fish Mini Whole Wheat Bagel Whole Wheat Bread	JUNE 1 Farina Veggie Bacon Strips Whole Wheat Bread	JUNE 2 Rice Congee with Fish Homemade Corn Muffin Whole Wheat Bread

Each Breakfast Meal Includes Fruit, 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 **MAY 2023 LUNCH MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
MAY 1 Tuna Fish Salad French Fries Plain Pita Lettuce and Tomato	2 Fish w/Black Bean Sauce Cumin Spiced Rice Whole Wheat Pita California Blend Veggies	3 Tomato-Fennel Fish Roasted Red Potatoes Whole Wheat Roll Green Beans with Onions	4 Chickpea Stew w/Chard Cous Cous Honey Garlic Roasted Cauliflower	5 Baked Salmon w/Lemon Cajun-Style Brown Rice Whole Wheat Pita Roasted Broccoli
8 Baked Breaded Fish Perfect White Rice Whole Wheat Roll Roasted Broccoli	9 – Birthday Party Baked Salmon with Cilantro Citrus Sauce Pesto Pasta Whole Wheat Roll Sautéed Summer Squash w/Corn and Tomatoes	10 Black Bean and Sweet Potato Chili Cumin Spiced Rice Whole Wheat Dinner Roll Mixed Green Salad	11 Lentil Soup Veggie Burger on Bun French Fries Baby Spinach Salad w/Lemon Vinaigrette	12– Aging Unbound Show @14St Y! @2pm Baked White Fish with Garlic Crumb Crust Orzo Seasoned Napa Cabbage
15 – Mother’s Day Recognition Breaded Fish Fillet Roasted Potatoes Whole Wheat Bread Cauliflower and Pea Curry	16 Fish w/Salsa Relish Perfect White Rice Whole Wheat Bread Broccoli w/Toasted Garlic	17 – MCC Community Prom! @3pm – 5pm Vegetable Alfredo Pasta Garlic Bread Italian Cut Green Beans	18 Black Bean and Sweet Potato Chili Rice Pilaf Whole Wheat Bread Garden Salad	19 Pineapple Glazed Salmon Mashed Sweet Potatoes Whole Wheat Bread Brussel Sprouts
22 Lentil Soup, Challah Bread Tuna Fish Salad Bowtie Pasta w/Kasha Baby Spinach Salad	23 Breaded Fish Fillets Yellow Rice Vegetable Mix	24 Penne w/Veggie Sausage and Mushrooms Garlic Bread Roasted Zucchini	25 Korean BBQ Salmon Vegetable Lo Mein Braised Red Cabbage w/Apples	26 – Cold Meal Egg Salad Pasta Salad Challah Roll Fruit
MAY 29 CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY	MAY 30 White Fish with Cilantro Coconut Rice and Pigeon Peas Steamed Green Squash	MAY 31 – Special Event for OAM @2pm Fish w/Salsa Relish Couscous w/Peas Lemon Corn Potato Chowder Mixed Green Salad	JUNE 1 White Bean Soup Eggplant Parmesan Tomato Sauce Garlic Bread Italian Blend Vegetables	JUNE 2 Baked Salmon w/Cilantro Citrus Sauce Rice and Beans Oriental Blend Veggies

Each Lunch Meal Includes Fruit & 1% Low Fat Milk

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