



WEINBERG CENTER FOR BALANCED LIVING **SEPTEMBER 2023 BREAKFAST MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
August 28 Cinnamon Challah French Toast Veggie "Sausage" Link	August 29 Corn Muffin Rice Congee with Fish Veggie "Bacon" Strips	August 30 Pancakes Veggie "Sausage" Patty	August 31 Eggs Benedict WW English Muffin	September 1 Veggie "Bacon" Strips Whole Wheat English Muffin BLT
4 – CENTER CLOSED WCBL WILL BE CLOSED FOR LABOR DAY	5 Mini Croissant Rice Congee with Fish	6 Coconut Banana WW French Toast Veggie "Sausage" Link	7 Veggie "Bacon" Strips Waffles	8 Blueberry Pancakes Veggie "Sausage" Patty
11 Baked Banana Oatmeal Mini Whole Wheat Bagel Veggie "Sausage" Link	12 Eggs Benedict WW English Muffin Veggie "Bacon" Strips	13 Mini Croissant Rice Congee with Fish Veggie "Sausage" Patty	14 Coconut Banana WW French Toast Veggie "Bacon" Strips	15 Pancakes Veggie "Sausage" Link
18 Egg a la Mexicana WW English Muffin Home Fries	19 Cinnamon Challah French Toast Veggie "Sausage" Patty	20 Mini Croissant Rice Congee with Fish	21 Pancakes Veggie "Sausage" Link	22 Eggs Benedict Mini Whole Wheat Bagel Veggie "Bacon" Strips
25 – CENTER CLOSED WCBL WILL BE CLOSED FOR YOM KIPPUR	26 Egg a la Mexicana Plain Mini Bagel	27 Blueberry Pancakes Veggie "Bacon" Strips	28 Eggs Benedict WW English Muffin Veggie "Sausage" Patty	29 Challah Bread Rice Congee with Fish Veggie "Bacon" Strips

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 SEPTEMBER 2023 LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
August 28 Vegetable Soup Tuna Fish Salad Whole Wheat Pita Lettuce and Tomato	August 29 Baked Fish Oreganata Brown Rice w/ Mushrooms Vegetable Mix	August 30 Chickpea Stew Couscous w/Peas & Lemon Baby Spinach Salad	August 31 Breaded Fish Fillets Brown Rice Vegetable Mix	September 1 Citrus Sesame Crusted Salmon Wild Rice Pilaf Cabbage with Carrots
4 – CENTER CLOSED CLOSED FOR LABOR DAY	September 5 Coconut Curried Fish Vegetable Couscous Broccoli w/ Toasted Garlic	September 6 Baked Vegetable Alfredo Pasta Whole Wheat Dinner Roll Italian Vegetables	7 – SUMMERTIME PARTY AT 3 PM Breaded Fish Fillets Bowtie Pasta w/Kasha Cucumber Salad	September 8 Salmon Baked Brown Rice Pilaf Vegetable Mix
11 Lentil Soup Fillet of Fish WW Sandwich Baby Spinach Salad	12 – HAPPY BIRTHDAY! Fish Curry Black Beans & Rice Whole Wheat Bread California Blend	13 Baked WW Penne w/ Veggie Sausage, Chard & Mushrooms Vegetables & Garlic Bread	14 – SPECIAL LUNCHEON FOR ROSH HASHANAH Suggested Donation: \$4 Apricot Chicken, Rice, Potato Kugel, Salad Honey Cake	15 Apricot Glazed Salmon Cilantro Lime Brown Rice Baby Carrots & Parsley
18 Black Bean & Sweet Potato Chili Cilantro Lime Rice Corn Muffin Caesar Salad	19 Tomato-Fennel Glazed Fish Couscous w/ Peas and Lemon Whole Wheat Dinner Roll Broccoli w/ Toasted Garlic	20 Mushroom Barley Soup Black Bean Tacos w/ Pineapple Salsa Verde Lettuce & Tomato	21 Homemade Breaded Fish Whole Wheat Bread Baked Potato Wedges Bok Choy	22 Ginger & Lime Salmon Fried Brown Rice Braised Red Cabbage w/ Apples
25 – CENTER CLOSED CLOSED FOR YOM KIPPUR	26 Brazilian Fish Stew Whole Wheat Bread Broccoli with Toasted Garlic Roasted Potatoes	27 Black Bean Tacos w/ Pineapple Salsa Cilantro Lime Rice Lettuce and Tomato	28 Black Bean & Sweet Potato Chili Brown Rice Cauliflower & Pea Curry	29 Baked Salmon Roasted Vegetable Couscous Vegetable Mix

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.