



WEINBERG CENTER FOR BALANCED LIVING
NOVEMBER 2023 BREAKFAST MENU



(Breakfast: 9:00-9:45 am; Ticketing starts at 8:45 am)

Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER 30 Baked Banana Oatmeal Mini Croissant Veggie "Sausage" Link	OCTOBER 31 Eggs Benedict WW English Muffin Veggie "Bacon" Strips	NOVEMBER 1 Cinnamon French Toast Veggie "Sausage" Patty	NOVEMBER 2 TAKE HOME MEAL ONLY (Henry Street) Pancake Veggie "Sausage"	NOVEMBER 3 Blueberry Pancakes Veggie "Bacon" Strips
NOVEMBER 6 Raisin Bran Cereal Whole Wheat Mini Bagel	7 – CENTER CLOSED CENTER CLOSED FOR ELECTION DAY	8 WW English Muffin Scrambled Eggs w/ Red Peppers & Onions Veggie "Bacon" Strips	9 Blueberry Pancakes Veggie "Sausage" Link	10 Coconut Banana WW French Toast Veggie "Bacon" Strips
13 WW English Muffin Scrambled Eggs w/ Red Peppers & Onions	14 Baked Banana Oatmeal Veggie "Sausage" Link Whole Wheat Mini Bagel	15 Blueberry Pancakes Veggie "Bacon" Strips	16 TAKE HOME MEAL ONLY Waffles Veggie "Sausage" Patty	17 Cinnamon French Toast Veggie "Bacon" Strips Pineapple Waldorf Salad
20 Corn Muffin Farina Veggie "Sausage" Link	21 Eggs Benedict WW English Muffin Veggie "Bacon" Strips	22 Cheerios French Toast Veggie "Sausage" Patty	23 – CENTER CLOSED HAPPY THANKSGIVING!	24 – CENTER CLOSED HAPPY THANKSGIVING
NOVEMBER 27 Plain Mini Bagel Rice Congee with Fish Veggie "Sausage" Patty	NOVEMBER 28 Blueberry Pancakes Cheerios Veggie "Bacon" Strips	NOVEMBER 29 Egg Omelet Veggie "Sausage" Link Whole Wheat Mini Bagel	NOVEMBER 30 Veggie "Sausage" Patty Whole Grain Waffle WW Mini Bagel	DECEMBER 1 Cinnamon French Toast Cereal Veggie "Bacon" Strips Pineapple Waldorf Salad

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
NOVEMBER 2023 LUNCH MENU



(Lunch: 12:00-12:45 pm; Ticketing starts at 8:45 am)

Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER 30 Cauliflower Soup Fillet of Fish WW Sandwich Baby Spinach Salad	OCTOBER 31 – HALLOWEEN DANCE PARTY AT 3:15 PM Fish Curry, Vegetable Mix Black Beans and Rice	NOVEMBER 1 WW Penne w/ Veggie Sausage, Chard, & Mushrooms Zucchini and Peas	NOVEMBER 2 TAKE HOME MEAL ONLY (Henry Street) Tuna Fish, Challah Bread, Garden Salad	NOVEMBER 3 Baked Salmon Brown Rice w/ Black Beans Blend Vegetables
6 Black Bean & Sweet Potato Chili Cilantro Lime Rice Roasted Broccoli	7 – CENTER CLOSED CENTER CLOSED FOR ELECTION DAY	8 Vegetable Alfredo Pasta Whole Wheat Bread Vegetable Mix	9 Baked Fish Oreganata Brown Rice Normandy Blend	10 Sesame Crusted Salmon Perfect White Rice Roasted Cauliflower
13 Coconut Breaded Fish Bowtie Pasta w/ Kasha Baby Carrots w/ Parsley	14 – HAPPY BIRTHDAY! Baked Fish Yellow Rice, Potato, Cauliflower & Pea Curry	15 Pasta w/Broccoli & Pesto WW Dinner Roll Blend Vegetables	16 - THANKSGIVING SPECIAL LUNCHEON (TICKETS AVAILABLE ON 11/6)	17 BBQ Salmon Lo Mein w/ Edamame Cabbage w/ Eggs
20 Vegan “Chicken Nuggets” Brown Rice w/ Black Beans Mixed Vegetables	21 Baked Fish Oreganata Garlic Mashed Potatoes Multigrain Pita Caesar Salad	22 California Veggie Burger Sweet Potato Fries WW Hamburger Bun Vegetable Mix	23 – CENTER CLOSED HAPPY THANKSGIVING!	24 – CENTER CLOSED HAPPY THANKSGIVING
27 Tuna Fish Salad Whole Wheat Pita Garden Salad	28 Tomato-Fennel Glazed Fish Roasted Vegetable Couscous Roasted Butternut Squash	29 Whole Grain Pasta w/Marinara Whole Wheat Bread Blend Vegetables	30 Brazilian Fish Stew Curried Citrus Rice Charred Orange Broccoli	DECEMBER 1 Baked Salmon w/ Cilantro Citrus Sauce Polenta, Potato, Cauliflower & Pea Curry