



WEINBERG CENTER FOR BALANCED LIVING **JANUARY 2024 BREAKFAST MENU**



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

Monday	Tuesday	Wednesday	Thursday	Friday
JANUARY 1 CENTER CLOSED FOR NEW YEAR	JANUARY 2 Apple Pancakes Cheerios Veggie "Bacon" Strips	JANUARY 3 Cereal Omelette w/ Peppers and Onions Veggie "Sausage" Link	JANUARY 4 Raisin Bran Cereal Veggie "Bacon" Strips Waffle	JANUARY 5 – TAKE HOME ONLY Menu TBD
8 Baked Banana Oatmeal Mini Croissant Veggie "Sausage" Link	9 Eggs Benedict WW English Muffin Veggie "Bacon" Strips	10 Cinnamon French Toast Veggie "Sausage" Patty	11 Veggie "Sausage" Link Whole Grain Waffle	12 Blueberry Pancakes Veggie "Bacon" Strips
15 CENTER CLOSED FOR MARTIN LUTHER KING JR. DAY	16 Mini Croissant Rice Congee with Fish Veggie "Sausage" Patty	17 WW English Muffin Scrambled Eggs w/ Red Peppers & Onions Veggie "Bacon" Strips	18 Blueberry Pancakes Veggie "Sausage" Link	19 Coconut Banana WW French Toast Veggie "Bacon" Strips
22 WW English Muffin Scrambled Eggs w/ Red Peppers & Onions	23 Baked Banana Oatmeal Veggie "Sausage" Link Whole Wheat Mini Bagel	24 Blueberry Pancakes Veggie "Bacon" Strips	25 Mini Croissant Rice Congee with Fish Veggie "Sausage" Patty	26 Cinnamon French Toast Veggie "Bacon" Strips Pineapple Waldorf Salad
JANUARY 29 Corn Muffin Farina Veggie "Sausage" Link	JANUARY 30 Eggs Benedict WW English Muffin Veggie "Bacon" Strips	JANUARY 31 Cheerios French Toast Veggie "Sausage" Patty	FEBRAURY 1 Veggie "Suasage" Link Waffles	FEBRAURY 2 Rice Congee with Fish Veggie "Bacon" Strips Whole Wheat Mini Bagel

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 **JANUARY 2024 LUNCH MENU**



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

Monday	Tuesday	Wednesday	Thursday	Friday
JANUARY 1 CENTER CLOSED FOR NEW YEAR	JANUARY 2 Baked Fish Oreganata Garlic Mashed Potatoes Multigrain Pita Caesar Salad	JANUARY 3 California Veggie Burger Sweet Potato Fries WW Hamburger Bun Vegetable Mix	JANUARY 4 Baked Fish w/ Black Bean Sauce Cilantro Lime Rice Blend Vegetables	JANUARY 5 – NEW YEAR DANCE PARTY Ticket is available on 12/28 (Thu) at 11 am on 6 th floor.
8 Tuna Fish Salad Whole Wheat Pita Garden Salad	9 – HAPPY BIRTHDAY Tomato-Fennel Glazed Fish Roasted Vegetable Couscous Roasted Butternut Squash	10 Whole Grain Pasta w/Marinara Whole Wheat Bread Blend Vegetables	11 Brazilian Fish Stew Curried Citrus Rice Charred Orange Broccoli	12 Baked Salmon w/ Cilantro Citrus Sauce Polenta, Potato, Cauliflower & Pea Curry
15 CENTER CLOSED FOR MARTIN LUTHER KING JR. DAY	16 Curried Jamaican Stew Whole Wheat Pita Garlic Mashed Potatoes	17 White Fish w/ Cilantro Vegetable Lo Mein Broccoli w/Teriyaki Sauce	18 Pre-prepared Breaded Flounder, Cumin Spiced Rice, Zucchini w/Corn & Tomatoes	19 Salmon Perfect White Rice Green Beans & Carrots
22 Cauliflower Soup Fillet of Fish WW Sandwich Baby Spinach Salad	23 Fish Curry Black Beans and Rice Vegetable Mix	24 WW Penne w/ Veggie "Sausage", Chard, & Mushrooms Zucchini and Peas	25 Curry Chickpea Stew Perfect White Rice Broccoli and Red Peppers	26 Baked Salmon Brown Rice w/ Black Beans Blend Vegetables
JANUARY 29 Black Bean & Sweet Potato Chili Cilantro Lime Rice Roasted Broccoli	JANUARY 30 Pre-prepared Breaded Flounder Couscous w/ Peas & Lemon Red Cabbage and Apples	JANUARY 31 Vegetable Alfredo Pasta Whole Wheat Bread Vegetable Mix	FEBRUARY 1 Baked Fish Oreganata Brown Rice Normandy Blend	FEBRUARY 2 Sesame Crusted Salmon Perfect White Rice Roasted Cauliflower

Each Lunch Meal Includes Fruit, Coffee/Tea & 1% Low Fat Milk

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