



WEINBERG CENTER FOR BALANCED LIVING APRIL 2024 BREAKFAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
APRIL 1 Tropical Waffles w/ Mangoes & Whipped Cream Veggie "Bacon" Strips Whole Wheat Bread	APRIL 2 Mini Croissant Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	APRIL 3 Plain Mini Bagel Scrambled Eggs w/ Red Peppers & Onions Veggie "Sausage" Patty Whole Wheat Bread	APRIL 4 Pancakes Veggie "Bacon" Strips Whole Wheat Bread	APRIL 5 Coconut Banana Whole Wheat French Toast Veggie "Sausage" Link
8 Eggs Benedict Plain English Muffin Veggie "Bacon" Strips	9 Rice Congee with Fish Veggie "Sausage" Patty Whole Wheat Bread	10 Cheerios Whole Grain Corn Muffins	11 Apple Raisin Oatmeal Veggie "Sausage" Link Whole Wheat Bread	12 Cinnamon Whole Wheat French Toast Veggie "Bacon" Strips
15 TAKE HOME ONLY	16 Rice Congee with Fish Veggie "Bacon" Strips Whole Wheat Bread	17 Home Fries Omelette w/ Spinach and Parmesan Cheese Whole Wheat Bread	18 Banana French Toast Casserole w/ Whole Wheat Bread Veggie "Sausage" Patty	19 Apple Pancakes Veggie "Bacon" Strips Whole Wheat Bread
22 – PASSOVER Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	23 – PASSOVER Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	24 – PASSOVER Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	25 – PASSOVER Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	26 – PASSOVER Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup
APRIL 29 – PASSOVER Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	APRIL 30 – PASSOVER Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	MAY 1 Coconut Banana Whole Wheat French Toast Veggie "Sausage" Patty Whole Wheat Bread	MAY 2 Hard Boiled Egg Veggie "Sausage" Link WW Mini Bagel	MAY 3 Tropical Waffles w/ Mangoes & Whipped Cream Veggie "Bacon" Strips 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 APRIL 2024 LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 White Bean Soup Tex Mex Veg Burgers WW Hamburger Bun Spiced Sweet Potato Fries	2 Baked White Fish with Garlic Crumb Crust Roasted Vegetable Couscous Corn and Edamame Fusion Salad	3 Black bean Tacos with Tangy Pineapple Salsa Salsa Verde Curried Citrus Rice Cabbage Carrot Slaw	4 Baked Vegetable Alfredo Pasta Whole Wheat Bread Italian Blend Vegetables	5 Baked Salmon with Cilantro Citrus Sauce Baked Brown Rice Pilaf California Blend Vegetables
8 Homemade Coconut Breaded Fish Arroz con Gandules Adobo Spiced Cauliflower, Zucchini, and Carrots	9 – HAPPY BIRTHDAY Mozzarella Cheese Vegan Breaded Chicken Cutlet WW Hamburger Bun Italian Blend Vegetables Lettuce and Tomato	10 Tomato-Fennel Glazed Fish Roasted Vegetable Couscous Asian Cucumber Salad	11 Curried Jamaican Stew Whole Wheat Pita Roasted Potatoes	12 Salmon Bulgogi Vegetable Lo Mein Asian Cabbage with Eggs
15 PASSOVER SEDER TICKETING STARTS ON 4/4 AT 11AM ON 6TH FLOOR	16 Apricot Glazed Salmon Yellow Rice Root Vegetable Trio	17 Cauliflower Soup Black Bean Tacos with Tangy Pineapple Salsa Cabbage Carrot Slaw	18 Homemade Coconut Breaded Fish Cilantro Lime Rice Caesar Salad	19 Salmon Bulgogi Whole Wheat Lo Mein w/ Edamame Broccoli w/ Garlic
22 - PASSOVER Roasted Chicken Zucchini in Sauce Matzo, Fruit	23 - PASSOVER Tuna & Egg Salad Quinoa with Vegetables Matzo, Fruit	24 - PASSOVER Chicken Salad Grilled Vegetables Matzo, Fruit	25 - PASSOVER Beef Stew Sauteed Vegetables Matzo, Fruit	26 – PASSOVER Grilled Salmon Steamed Vegetables Matzo, Fruit
29 - PASSOVER Tuna & Egg Salad Israeli Salad & Pickles Matzo Fruit	30 - PASSOVER Turkey Salad Grilled Vegetables Matzo Fruit	MAY 1 Baked Whole Wheat Penne with Veggie Sausage, Chard, and Mushrooms Whole Wheat Bread Italian Blend Vegetables	MAY 2 Homemade Coconut Breaded Fish Caribbean Rice & Red Beans Roasted Cabbage w/ Carrots	MAY 3 Baked Salmon with Cilantro Citrus Sauce Springtime Fried Brown Rice Honey Garlic Roasted Cauliflower

Each Lunch Meal Includes Fruit & 1% Low Fat Milk

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