



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



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

Monday	Tuesday	Wednesday	Thursday	Friday
26 WW English Muffin Maple Flavored Oatmeal Veggie "Sausage" Patty	27 Apple Pancakes Cheerios Veggie "Bacon" Strips	28 Bran Flakes Cereal Omelette w/ Peppers and Onions Veggie "Sausage" Link	29 Raisin Bran Cereal Veggie Bacon Strips Waffles	MARCH 1 Mini Croissant Rice Congee with Fish Veggie "Sausage" Patty
MARCH 4 Baked Banana Oatmeal Mini Croissant Veggie "Sausage" Link	MARCH 5 Eggs Benedict WW English Muffin Veggie "Bacon" Strips	MARCH 6 Cinnamon Challah French Toast Veggie "Sausage" Patty	MARCH 7 TAKE HOME ONLY	MARCH 8 Blueberry Pancakes Veggie "Bacon" Strips
11 Raisin Bran Cereal Whole Wheat Mini Bagel	12 Mini Croissant Rice Congee with Fish Veggie "Sausage" Patty	13 WW English Muffin Scrambled Eggs w/ Red Peppers & Onions Veggie "Bacon" Strips	14 Blueberry Pancakes Veggie "Suasage" Link	15 Coconut Banana WW French Toast Veggie "Bacon" Strips
18 WW English Muffin Scrambled Eggs w/ Red Peppers & Onions	19 Baked Banana Oatmeal Veggie "Sausage" Link Whole Wheat Mini Bagel	20 Blueberry Pancakes Veggie "Bacon" Strips	21 Mini Croissant Rice Congee with Fish Veggie "Sausage" Patty	22 Cinnamon French Toast Veggie "Bacon" Strips Pineapple Waldorf Salad
25 Corn Muffin Farina Veggie "Sausage" Link	26 Eggs Benedict WW English Muffin Veggie "Bacon" Strips	27 Cheerios French Toast Veggie "Sausage" Patty	28 Veggie "Suasage" Link Waffles	29 Rice Congee with Fish Veggie "Bacon" Strips WW 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 **MARCH 2024 LUNCH MENU**



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

Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUARY 26 Veggie Burger WW Hamburger Bun Roasted Sweet Potato Fries	FEBRUARY 27 Curried Jamaican Stew Whole Wheat Pita Garlic Mashed Potatoes	FEBRUARY 28 White Fish w/ Cilantro Vegetable Lo Mein Broccoli w/Teriyaki	FEBRUARY 29 Pre-prepared Breaded Flounder, Cumin Spiced Rice, Zucchini w/Corn & Tomatoes	MARCH 1 Salmon Perfect White Rice Green Beans & Carrots
4 Cauliflower Soup Fillet of Fish WW Sandwich Baby Spinach Salad	5 Fish Curry Black Beans and Rice Vegetable Mix	6 Baked WW Penne w/ Veggie Sausage, Chard & Mushrooms, WW Dinner Roll, Zucchini and Peas	7 Curry Chickpea Stew Perfect White Rice Broccoli and Red Peppers	8 Baked Salmon Brown Rice w/ Black Beans Blend Vegetables
11 Black Bean & Sweet Potato Chili Cilantro Lime Rice Roasted Broccoli	12 – HAPPY BIRTHDAY Pre-prepared Breaded Flounder Couscous Red Cabbage and Apples	13 Vegetable Alfredo Pasta Whole Wheat Bread Vegetable Mix	14 Baked Fish Oreganata Brown Rice Normandy Blend	15 Sesame Crusted Salmon Perfect White Rice Roasted Cauliflower
18 Pre-prepared Breaded Flounder Bowtie Pasta w/ Kasha Baby Carrots w/ Parsley	19 Baked Fish Yellow Rice Potato, Cauliflower, and Pea Curry	20 WW Pasta w/ Broccoli and Pesto WW Dinner Roll Blend Vegetables	21 Black Bean Tacos w/ Pineapple Salsa Cabbage and Apple Slaw	22 BBQ Salmon WW Lo Mein w/ Edamame Asian Cabbage w/ Eggs
25 Vegan “Chicken” Nuggets Brown Rice Mixed Vegetables	26 Baked Fish Oreganata Garlic Mashed Potatoes Multigrain Pita Caesar Salad	27 California Veggie Burger Sweet Potato Fries WW Hamburger Bun Vegetable Mix	28 Baked Fish w/ Black Bean Sauce Cilantro Lime Rice Blend Vegetable	29 BBQ Salmon Couscous w/ Peas & Lemon Broccoli