



WEINBERG CENTER FOR BALANCED LIVING MAY 2024 BREAKFAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
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 (2) Veggie "Sausage" Link WW Mini Bagel	MAY 3 Tropical Waffles w/ Mangoes & Whipped Cream Veggie "Bacon" Strips Whole Wheat Bread
6 Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	7 Coconut Banana Whole Wheat French Toast Veggie "Sausage" Patty	8 Broccoli Cheddar Quiche Veggie "Bacon" Strips Pineapple Waldorf Salad	9 Pancakes Veggie "Sausage" Link Baked Apple	10 Rice Congee Veggie "Sausage" Patty
13 Tropical Waffles w/ Mangoes & Whipped Cream Veggie "Bacon" Strips Whole Wheat Bread	14 Mini Croissant Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	15 Plain Mini Bagel Scrambled Eggs w/ Red Peppers & Onions Veggie "Sausage" Patty Whole Wheat Bread	16 Pancakes Veggie "Bacon" Strips Whole Wheat Bread	17 Coconut Banana Whole Wheat French Toast Veggie "Sausage" Link
20 Eggs Benedict Plain English Muffin Veggie "Bacon" Strips	21 Rice Congee with Fish Veggie "Sausage" Patty Whole Wheat Bread	22 Cheerios Whole Grain Corn Muffins Ambrosia Fruit Salad Veggie "Sausage" Link Hard Boiled Egg (1)	23 Apple Raisin Oatmeal Veggie "Sausage" Link Whole Wheat Bread	24 Cinnamon Whole Wheat French Toast Veggie "Bacon" Strips
27 – CENTER CLOSED Center is closed for Memorial Day	28 Rice Congee with Fish Veggie "Bacon" Strips Whole Wheat Bread	29 Home Fries Omelette with Spinach and Parmesan Cheese Whole Wheat Bread	30 Banana French Toast Casserole with Whole Wheat Bread Veggie "Sausage" Patty	31 Apple Pancakes 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 MAY 2024 LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
29 - PASSOVER Tuna & Egg Salad Israeli Salad & Pickles Matzo Fruit	30 - PASSOVER Turkey Salad Grilled Vegetables Matzo Fruit	MAY 1 Cauliflower Soup WW Penne w/ Veggie Sausage, Chard, and Mushrooms, WW Bread Italian Blend Vegetables	MAY 2 Coconut Breaded Fish Caribbean Rice & Red Beans Caribbean Style Roasted Cabbage with Carrots	MAY 3 Baked Salmon w/ Cilantro Citrus Sauce Springtime Fried Brown Rice Honey Garlic Cauliflower
6 California Veg Burger WW Hamburger Bun Roasted Sweet Potato Fries	7 Baked Salmon w/ Lemon, Tarragon & Thyme Jollof Rice Cauliflower Stuffing	8 Spinach Tortellini w/ Ricotta and Kale Whole Wheat Bread Kale Salad with Lemon	9 Baked Fish w/ Black Bean Sauce Chinese Vermicelli Noodles Aloo Gobi Matar	10 Ginger and Lime Salmon WW Lo Mein w/ Edamame Whole Wheat Bread Charred Orange Broccoli
13 White Bean Soup Tex Mex Veg Burgers WW Hamburger Bun Spiced Sweet Potato Fries	14 – HAPPY BIRTHDAY Baked White Fish w/ Garlic Crumb Crust Roasted Vegetable Couscous Corn & Edamame Salad	15 - MCC COMMUNITY PROM AT 3PM Black Bean Tacos w/ Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	16 Baked Vegetable Alfredo Pasta Whole Wheat Bread Italian Blend Vegetables	17 Baked Salmon with Cilantro Citrus Sauce Baked Brown Rice Pilaf California Blend Vegetables
20 Homemade Coconut Breaded Fish Arroz con Gandules Adobo Spiced Cauliflower, Zucchini, and Carrots	21 Mozzarella Cheese Veg Breaded Chicken Cutlet WW Hamburger Bun Italian Blend Vegetables Lettuce and Tomato	22 Tomato-Fennel Glazed Fish Roasted Vegetable Couscous Asian Cucumber Salad	23 Curried Jamaican Stew Whole Wheat Pita Roasted Potatoes	24 Salmon Bulgogi Vegetable Lo Mein Asian Cabbage with Eggs
27 – CENTER CLOSED Center is closed for Memorial Day	28 Apricot Glazed Salmon Yellow Rice Root Vegetable Trio	29 Cauliflower Soup Black Bean Tacos with Tangy Pineapple Salsa Cabbage Carrot Slaw	30 Homemade Coconut Breaded Fish Cilantro Lime Rice Caesar Salad	31 Salmon Bulgogi Whole Wheat Lo Mein w/ Edamame Broccoli w/ Garlic

Each Lunch Meal Includes Fruit & 1% Low Fat Milk

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