



WEINBERG CENTER FOR BALANCED LIVING
JULY 2024 BREAKFAST MENU



(BREAKFAST 9:00-9:45 AM ; TICKETING STARTS AT 8:45 AM)

Monday	Tuesday	Wednesday	Thursday	Friday
JULY 1 Tropical Waffles with Mangoes and Whipped Cream Veggie "Bacon" Strips Whole Wheat Bread	JULY 2 Mini Croissant Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	JULY 3 Scrambled Eggs with Red Peppers and Onions Whole Wheat Bread Veggie "Bacon" Strips	JULY 4 – CENTER CLOSED CENTER IS CLOSED FOR INDEPENDENCE DAY	JULY 5 Coconut Banana Whole Wheat French Toast Veggie "Sausage" Link
8 Eggs Benedict English Muffin Veggie "Bacon" Strips	9 Creamy Apple-Raisin Oatmeal Veggie "Sausage" Patty Whole Wheat Bread	10 Cheerios Cinnamon Challah French Toast Whole Wheat Bread	11 Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	12 – TAKE HOME TBD
15 Veggie "Sausage" Link Whole Wheat Bread Whole Grain Belgian Waffle	16 Rice Congee with Fish Veggie "Bacon" Strips Whole Wheat Bread	17 Home Fries Omelets with Spinach and Parmesan Cheese Whole Wheat Bread	18 Mangu with Onions Scrambled Eggs Veggie "Sausage" Patty Whole Wheat Bread	19 Apple Pancakes Veggie "Bacon" Strips Whole Wheat Bread
22 Maple Quinoa Oatmeal Porridge Veggie "Sausage" Link Whole Wheat Bread	23 Avocado & Orange Salad Veggie "Bacon" Strips Whole Wheat Bread Waffles	24 Blueberry Pancakes Veggie "Sausage" Patty Whole Wheat Bread	25 Omelets Home Fries Veggie "Bacon" Strips Whole Wheat Bread	26 Cinnamon Challah French Toast Veggie "Sausage" Link Whole Wheat Bread
JULY 29 Egg White Omelets w/ Peppers & Onions English Muffin Veggie "Bacon" Strips	JULY 30 Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	JULY 31 Coconut Banana Whole Wheat French Toast Veggie "Bacon" Strips Whole Wheat Bread	AUGUST 1 Steel Cut Oatmeal Veggie "Sausage" Link Whole Wheat Bread	AUGUST 2 Veggie "Sausage" Patty Whole Wheat English Muffin BLT

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

JULY 2024 LUNCH MENU



(LUNCH 12:00-12:45 PM ; TICKETING STARTS AT 8:45 AM)

Monday	Tuesday	Wednesday	Thursday	Friday
JULY 1 Vegetable Soup Cheddar Cheese Slice Tex Mex Veggie Burger WW Hamburger Bun Sweet Potato Fries	JULY 2 Baked White Fish w/ Garlic Crumb Crust Vegetable Couscous Corn and Edamame Salad	JULY 3 Baked WW Penne w/ Veggie Sausage, Chard, Mushrooms Whole Wheat Bread Blend Vegetables	JULY 4 – CENTER CLOSED CENTER IS CLOSED FOR INDEPENDENCE DAY	JULY 5 Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf California Blend Vegetables
8 Mango-licious Fish Arroz con Gandules Spiced Cauliflower, Zucchini and Carrots	9 – HAPPY BIRTHDAY Mozzarella Cheese Vegan Breaded “Chicken” Cutlet w/ WW Bun Blend Vegetables w/ Lettuce & Tomato	10 – TAKE HOME (Pick up after Breakfast)	11 Baked Salmon w/ Lemon, Tarragon, Thyme Couscous Romaine, Kale, Pepper, Black Oliv, Feta Salad	12 Soft WW Taco with Black Beans and Veggies Jeera Rice Mix Vegetables
15 Whole Wheat Linguine w/ Creamy Spinach Basil Pesto, Asparagus, Peas Zucchini Bread Sauteed Spinach	16 Fish with Mushrooms, Peppers, and Tomatoes Rice with Corn Tangy Green Beans	17 Tuna Fish Salad English Muffin Baby Spinach Salad w/ Lemon Vinaigrette	18 Salmon Bulgogi Whole Wheat Lo Mein with Edamame Broccoli w/ Toasted Garlic	19 White Bean, Eggplant, & Tomato Casserole Yellow Rice Root Vegetable Trio
22 Root Vegetable Stew Dominican Moro Corn Niblets Garden Salad	23 Spinach Tortellini with Ricotta and Kale Roasted Broccoli	24 Baked Fish w/Lemon Garlic Butter Sauce Vegetable Couscous WW Bread,Israeli Salad	25 – TAKE HOME (Pick up after Breakfast)	26 Curried Jamaican Stew Perfect White Rice Papas Bravas
JULY 29 Smokey Black Bean & Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	JULY 30 Spanish Style Baked Fish Spanish Brown Rice & Beans Baked Onions Mixed Vegetables w/ Garlic	JULY 31 Black Vean Tacos with Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	AUGUST 1 Sweet and Sour Salmon Fried Brown Rice Stir Fried Vegetables	AUGUST 2 Homemade Coconut Breaded Fish Rice & Red Beans Roasted Cabbage w/ Carrots

Each Lunch Meal Includes Fruit & 1% Low Fat Milk

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