



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



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

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.

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 Eggs Benedict English Muffin Veggie "Bacon" Strips	October 1 Creamy Apple-Raisin Oatmeal Veggie "Sausage" Patty Whole Wheat Bread	October 2 Cheerios Cinnamon Challah French Toast Whole Wheat Bread	October 3 – CLOSED HAPPY ROSH HASHANAH Center will be closed in observance of Rosh Hashanah.	October 4 – CLOSED HAPPY ROSH HASHANAH Center will be closed in observance of Rosh Hashanah.
7 Veggie "Sausage" Link Whole Wheat Bread Whole Grain Belgian Waffle	8 Rice Congee with Fish Veggie "Bacon" Strips Whole Wheat Bread	9 Home Fries Omelets with Spinach and Parmesan Cheese Whole Wheat Bread	10 Mangu with Onions Scrambled Eggs Veggie "Sausage" Patty Whole Wheat Bread	11 Apple Pancakes Veggie "Bacon" Strips Whole Wheat Bread
14 Maple Quinoa Oatmeal Porridge Veggie "Sausage" Link Whole Wheat Bread	15 Avocado & Orange Salad Veggie "Bacon" Strips Whole Wheat Bread Waffles	16 Blueberry Pancakes Veggie "Sausage" Patty Whole Wheat Bread	17 Hard Boil Eggs Cold Cereal Whole Wheat Bread	18 Waldorf Salad Cold Cereal Wheat Whole Bread
21 Egg White Omelets w/ Peppers & Onions English Muffin Veggie "Bacon" Strips	22 Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	23 Coconut Banana Whole Wheat French Toast Veggie "Bacon" Strips Whole Wheat Bread	24 Hard Boil Eggs Cold Cereal Whole Wheat Bread	25 Waldorf Salad Cold Cereal Wheat Whole Bread
October 28 Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	October 29 Coconut Banana Whole Wheat French Toast Veggie "Sausage" Patty	October 30 Broccoli Cheddar Quiche Veggie "Bacon" Strips Whole Wheat Bread	October 31 Veggie "Sausage" Link WW Cinnamon Pancakes	November 1 Cheerios Hard Boiled Egg (2) Whole Wheat Mini Bagel



WEINBERG CENTER FOR BALANCED LIVING

OCTOBER 2024 LUNCH MENU



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

Each Lunch Meal Includes Fruit & 1% Low Fat Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
September 30 Mango-licious Fish Arroz con Gandules Spiced Cauliflower, Zucchini and Carrots	October 1 Mozzarella Cheese Vegan Breaded "Chicken" Cutlet w/ WW Bun Blend Vegetables w/ Lettuce & Tomato	October 2 Rosh Hashanah Special Luncheon Ticket will be available on 9/23 (Mon) at 11AM	October 3 – CENTER CLOSED HAPPY ROSH HASHANAH Center will be closed in observance of Rosh Hashanah.	October 4 – CENTER CLOSED HAPPY ROSH HASHANAH Center will be closed in observance of Rosh Hashanah.
7 WW Linguine w/ Creamy Spinach Basil Pesto, Asparagus & Peas Zucchini Bread, Spinach	8 – HAPPY BIRTHDAY Fish with Mushrooms, Peppers & Tomatoes Rice with Corn Tangy Green Beans	9 Tuna Fish Salad English Muffin Baby Spinach Salad with Lemon Vinaigrette	10 Salmon Bulgogi Edamame WW Lo Mein Broccoli w/ Toasted Garlic	11 White Bean, Eggplant, & Tomato Casserole Yellow Rice Root Vegetable Trio
14 Root Vegetable Stew Dominican Moro Corn Niblets Garden Salad	15 Spinach Tortellini with Ricotta and Kale Roasted Broccoli	16 Baked Fish with Lemon Garlic Butter Sauce Vegetable Couscous Israeli Salad, WW Bread	17 Tuna Fish Salad Whole Wheat Bread Pasta Salad	18 Egg Salad Whole Wheat Bread Green Salad
21 Smokey Black Bean and Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	22 Spanish Style Baked Fish Spanish Brown Rice & Beans Baked Onions Vegetables w/ Garlic	23 Black Bean Tacos with Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	24 Tuna Fish Salad Whole Wheat Bread Pasta Salad	25 Egg Salad Whole Wheat Bread Green Salad
October 28 California Veggie Burger WW Hamburger Bun Roasted Sweet Potato Fries	October 29 Fish w/ Black Bean Sauce Vermicelli Cucumber Salad Vegetable Mix	October 30 Baked White Fish w/ Garlic Crumb Crust Vegetable Couscous Corn & Edamame Salad	October 31 Ginger and Lime Salmon WW Lo Mein w/ Edamame Whole Wheat Bread Bok Choy	November 1 Whole Wheat Tuna Sandwich Cabbage and Apple Slaw