



WEINBERG CENTER FOR BALANCED LIVING **NOVEMBER 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
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
4 Tropical Waffles with Mangoes and Whipped Cream Veggie "Bacon" Strips Whole Wheat Bread	5 – CENTER CLOSED CENTER IS CLOSED FOR ELECTION DAY	6 Scrambled Eggs with Red Peppers and Onions Whole Wheat Bread Veggie "Bacon" Strips	7 Veggie "Sausage" Patty Whole Wheat English Muffin BLT	8 Coconut Banana Whole Wheat French Toast Veggie "Sausage" Link
11 Eggs Benedict English Muffin Veggie "Bacon" Strips	12 Creamy Apple-Raisin Oatmeal Veggie "Sausage" Patty Whole Wheat Bread	13 Cheerios Cinnamon Challah French Toast Whole Wheat Bread	14 Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	15 Hard Boiled Egg Home Fries with Peppers and Onions Veggie "Bacon" Strips Whole Wheat Bread
18 Veggie "Sausage" Link Whole Wheat Bread Whole Grain Belgian Waffle	19 Rice Congee with Fish Veggie "Bacon" Strips Whole Wheat Bread	20 Home Fries Omelets with Spinach and Parmesan Cheese Whole Wheat Bread	21 Mangu with Onions Scrambled Eggs Veggie "Sausage" Patty Whole Wheat Bread	22 Apple Pancakes Veggie "Bacon" Strips Whole Wheat Bread
25 Maple Quinoa Oatmeal Porridge Veggie "Sausage" Link Whole Wheat Bread	26 Take Home Breakfast will be available in the lobby.	27 Blueberry Pancakes Veggie "Sausage" Patty Whole Wheat Bread	28 – CENTER CLOSED CENTER IS CLOSED FOR THANKSGIVING	29 – CENTER CLOSED CENTER IS CLOSED FOR THANKSGIVING



WEINBERG CENTER FOR BALANCED LIVING

NOVEMBER 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
October 28 California Veggie Burger w/ WW Bun Sweet Potato Fries	October 29 Fish w/ Black Bean Sauce Noodles Cucumber Salad Vegetable Mix	October 30 TAKE HOME LUNCH WILL BE DISTRIBUTED	October 31 Ginger and Lime Salmon WW Lo Mein w/ Edamame WW Bread, Bok Choy	November 1 Whole Wheat Tuna Sandwich Cabbage and Apple Slaw
4 Vegetable Soup Cheddar Cheese Slice Tex Mex Veggie Burger WW Hamburger Bun Sweet Potato Fries	5 – CENTER CLOSED CENTER IS CLOSED FOR ELECTION DAY	6 Baked WW Penne w/ Veggie Sausage, Chard, & Mushrooms Whole Wheat Bread Blend Vegetables	7 Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf Blend Vegetables	8 Breaded Fish Fillet (Pre-Prepared) Cumin Spiced Rice Potato, Cauliflower, and Pea Curry
11 Mango-licious Fish Arroz con Gandules Spiced Cauliflower, Zucchini and Carrots	12 –HAPPY BIRTHDAY Mozzarella Cheese Vegan Breaded "Chicken" Cutlet w/ WW Bun Blend Vegetables w/ Lettuce & Tomato	13 Baked Flounder Vegetable Lo Mein Spinach with Soy Sauce	14 Baked Salmon w/Lemon, Tarragon, and Thyme Couscous Romaine, Kale, Pepper, Black Olive, Feta Salad	15 Soft WW Taco with Black Beans and Veggies Jeera Rice Mix Vegetables
18 WW Linguine w/ Creamy Spinach Basil Pesto, Asparagus & Peas Zucchini Bread, Spinach	19 Fish with Mushrooms, Peppers, and Tomatoes Rice with Corn Tangy Green Beans	20 Tuna Fish Salad English Muffin Baby Spinach Salad with Lemon Vinaigrette	21 Salmon Bulgogi Edamame WW Lo Mein Broccoli w/ Toasted Garlic	22 White Bean, Eggplant, & Tomato Casserole Yellow Rice Root Vegetable Trio
25 Root Vegetable Stew Dominican Moro Corn Niblets Garden Salad	26 - THANKSGIVING LUNCHEON Tickets will be available on 11/11 (Mon) on the 6th Floor.	27 Baked Fish with Lemon Garlic Butter Sauce Vegetable Couscous Israeli Salad, WW Bread	28 – CENTER CLOSED CENTER IS CLOSED FOR THANKSGIVING	29 – CENTER CLOSED CENTER IS CLOSED FOR THANKSGIVING