



**WEINBERG CENTER FOR BALANCED LIVING**  
**DECEMBER 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.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>December 2</b> Egg White Omelets w/ Peppers & Onions English Muffin Veggie "Bacon" Strips	<b>December 3</b> Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	<b>December 4</b> Coconut Banana Whole Wheat French Toast Veggie "Bacon" Strips Whole Wheat Bread	<b>December 5</b> Steel Cut Oatmeal Veggie "Sausage" Link Whole Wheat Bread	<b>December 6</b> Veggie "Sausage" Patty Whole Wheat English Muffin BLT
<b>9</b> Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	<b>10</b> Coconut Banana Whole Wheat French Toast Veggie "Sausage" Patty	<b>11</b> Broccoli Cheddar Quiche Veggie "Bacon" Strip Whole Wheat Bread	<b>12</b> Veggie "Sausage" Link WW Cinnamon Pancakes	<b>13</b> Cheerios Hard Boiled Egg (2) Whole Wheat Mini Bagel
<b>16</b> Tropical Waffles w/ Mangoes & Whipped Cream Veggie "Bacon" Strips Whole Wheat Bread	<b>17</b> Mini Croissant Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	<b>18</b> Scrambled Eggs w/ Red Peppers and Onions Whole Wheat Bread Veggie "Bacon" Strips	<b>19</b> Veggie "Sausage" Patty Whole Wheat English Muffin BLT	<b>20</b> Coconut Banana Whole Wheat French Toast Veggie "Sausage" Link
<b>23</b> English Muffin Meatless Eggs Benedict Veggie "Bacon" Strips	<b>24</b> Creamy Apple-Raisin Oatmeal Veggie "Sausage" Patty Whole Wheat Bread	<b>25 - CENTER CLOSED</b>  Center will be closed in observance of the Holiday.	<b>26</b> Rice Congee with Fish Veggie "Sausage" Patty Whole Wheat Bread	<b>27</b> Hard Boiled Egg Home Fries w/ Peppers and Onions Veggie "Bacon" Strip Whole Wheat Bread
<b>30</b> Veggie "Sausage" Link Whole Grain Belgian Waffle Whole Wheat Bread	<b>31</b> Rice Congee with Fish Veggie "Bacon" Strips Whole Wheat Bread			



# WEINBERG CENTER FOR BALANCED LIVING

## DECEMBER 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
<b>December 2</b> Smokey Black Bean and Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	<b>December 3</b> Spanish Style Baked Fish Spanish Brown Rice & Beans Baked Onions Vegetables w/ Garlic	<b>December 4</b> Black Bean Tacos with Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	<b>December 5</b> Sweet and Sour Salmon Fried Brown Rice Stir Fried Vegetables	<b>December 6</b> Homemade Coconut Breaded Fish Caribbean Rice and Red Beans Cabbage w/ Carrots
<b>9</b> California Veggie Burger WW Hamburger Bun Roasted Sweet Potato Fries	<b>10 – HAPPY BIRTHDAY</b> Fish w/ Black Bean Sauce Noodles Cucumber Salad Vegetable Mix	<b>11</b> Baked White Fish w/ Garlic Crumb Crust Vegetable Couscous Corn & Edamame Salad	<b>12</b> Ginger and Lime Salmon WW Lo Mein w/ Edamame Whole Wheat Bread Bok Choy	<b>13</b> Whole Wheat Tuna Sandwich Cabbage and Apple Slaw
<b>16</b> Vegetable Soup Cheddar Cheese Slice Tex Veggie Burger WW Bun Sweet Potato Fries	<b>17</b> Baked Fish with Cilantro Citrus Sauce Mexican Confetti Rice Charred Orange Broccoli	<b>18</b> Baked WW Penne w/ Veggie Sausage, Chard, & Mushrooms Whole Wheat Bread Blend Vegetables	<b>19</b> Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf Blend Vegetables	<b>20</b> Breaded Fish Fillet Cumin Spiced Rice Potato, Cauliflower, and Pea Curry
<b>23</b> Mango-licious Fish Arroz con Gandules Spiced Cauliflower, Zucchini and Carrots	<b>24</b> Mozzarella Cheese Vegan Breaded "Chicken" Cutlet w/ WW Bun Blend Vegetables w/ Lettuce & Tomato	<b>25 - CENTER CLOSED</b> Center will be closed in observance of the Holiday.	<b>26</b> Baked Salmon w/Lemon, Tarragon, and Thyme Couscous Romaine, Kale, Pepper, Black Olive, Feta Salad	<b>27</b> Soft WW Taco with Black Beans and Veggies Jeera Rice Mix Vegetables
<b>30 - HAPPY HANUKAH</b> WW Linguine w/ Creamy Spinach Basil Pesto, Asparagus & Peas Zucchini Bread, Spinach	<b>31</b> Fish with Mushrooms, Peppers, and Tomatoes Rice with Corn Tangy Green Beans			