



WEINBERG CENTER FOR BALANCED LIVING **JANUARY 2025 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
December 30 Veggie "Sausage" Link Whole Wheat Bread Whole Grain Belgian Waffle	December 31 Rice Congee with Fish Veggie "Bacon" Strips Whole Wheat Bread	January 1 – CLOSED HAPPY NEW YEAR Center will be closed in observance of the New Year.	January 2 – TAKE HOME BREAKFAST ONLY	January 3 Apple Pancakes Veggie "Bacon" Strips Whole Wheat Bread
6 Maple Quinoa Oatmeal Porridge Veggie "Sausage" Link Whole Wheat Bread	7 Avocado & Orange Salad Veggie "Bacon" Strips WW Bread Waffles	8 Blueberry Pancakes Veggie "Sausage" Patty Whole Wheat Bread	9 Omelets Home Fries Veggie "Bacon" Strips Whole Wheat Bread	10 Cinnamon Challah French Toast Veggie "Sausage" Link Whole Wheat Bread
13 Egg White Omelets w/ Peppers & Onions English Muffin Veggie "Bacon" Strips	14 Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	15 Coconut Banana WW French Toast Veggie "Bacon" Strips Whole Wheat Bread	16 Steel Cut Oatmeal Veggie "Sausage" Link Whole Wheat Bread	17 Veggie "Sausage" Patty Whole Wheat English Muffin BLT
20 – CLOSED Center will be closed in observance of Martin Luther King, Jr. Day.	21 Coconut Banana Whole Wheat French Toast Veggie "Sausage" Patty	22 Broccoli Cheddar Quiche Veggie "Bacon" Strips Whole Wheat Bread	23 Veggie "Sausage" Link WW Cinnamon Pancakes	24 Cheerios Hard Boiled Egg (2) Whole Wheat Mini Bagel
27 Tropical Waffles with Mangoes and Whipped Cream Veggie "Bacon" Strips Whole Wheat Bread	28 Mini Croissant Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	29 Scrambled Eggs with Red Peppers and Onions Whole Wheat Bread Veggie "Bacon" Strips	30 Veggie "Sausage" Patty Whole Wheat English Muffin BLT	31 Coconut Banana Whole Wheat French Toast Veggie "Sausage" Link



WEINBERG CENTER FOR BALANCED LIVING **JANUARY 2025 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
December 30 WW Linguine w/ Creamy Spinach Basil Pesto, Asparagus & Peas Zucchini Bread, Spinach	December 31 Fish with Mushrooms, Peppers, and Tomatoes Rice with Corn Tangy Green Beans	January 1 – CLOSED HAPPY NEW YEAR Center will be closed in observance of the New Year.	January 2 New Year Dance Party Luncheon Ticket will be available on 12/16 (Mon) at 11AM	January 3 White Bean, Eggplant, Tomato Casserole Yellow Rice Root Vegetable Trio
6 Root Vegetable Stew Sancocho Dominican Rice & Beans Corn Niblets, Salad	7 Spinach Tortellini with Ricotta and Kale Roasted Broccoli Minestrone Soup	8 Baked Fish w/ Lemon Garlic Butter Sauce Veg Couscous, Israeli Salad, WW Bread	9 Pineapple Glazed Salmon Vegetable Lo Mein WW Bread, Bady Spinach Salad w/ Lemon Vinaigrette	10 – TAKE HOME LUNCH ONLY Tuna Fish Salad Pita Bread Green Salad
13 Smokey Black Bean and Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	14 – HAPPY BIRTHDAY Spanish Style Baked Fish Brown Rice & Beans Baked Onions Vegetables w/ Garlic	15 Black Bean Tacos with Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw Butternut Squash Soup	16 Sweet and Sour Salmon Fried Brown Rice Stir Fried Vegetables	17 Homemade Coconut Breaded Fish Caribbean Rice & Red Beans Cabbage w/ Carrots
20 – CLOSED Center will be closed in observance of Martin Luther King, Jr. Day.	21 Fish w/ Black Bean Sauce Vermicelli Cucumber Salad Vegetable Mix	22 Baked White Fish w/ Garlic Crumb Crust Vegetable Couscous Corn & Edamame Salad Mushroom Barley Soup	23 Ginger and Lime Salmon WW Lo Mein w/ Edamame Whole Wheat Bread Bok Choy	24 Whole Wheat Tuna Sandwich Cabbage and Apple Slaw
27 Vegetable Soup Cheddar Cheese Slice Veggie Burger w/ Bun Sweet Potato Fries	28 Baked White Fish with Garlic Crumb Crust Vegetable Couscous Corn and Edamame Salad	29 WW Penne w/Veg Sausage & Vegetables, WW Bread, Vegetables	30 Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf Blend Vegetables	31 Breaded Fish Fillet Cumin Spiced Rice Potato, Cauliflower, and Pea Curry