



WEINBERG CENTER FOR BALANCED LIVING
FEBRUARY 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
February 3 English Muffin Plain Meatless Eggs Benedict Veggie "Bacon" Strip	February 4 Creamy Apple Raisin Oatmeal Veggie "Sausage" Patty Whole Wheat Bread	February 5 Cheerios Cinnamon Challah French Toast Whole Wheat Bread	February 6 TAKE HOME BREAKFAST ONLY The Lion Dance Performance starts at 10:00 AM on Lv. CR.	February 7 Hard Boiled Egg Home Fries with Peppers and Onions Veggie "Bacon" Strips Whole Wheat Bread
10 Veggie "Sausage" Link Whole Grain Belgian Waffle Whole Wheat Bread	11 Rice Congee with Fish Veggie "Bacon" Strips Whole Wheat Bread	12 Home Fies Omelette with Spinach & Parmesan Cheese Whole Wheat Bread	13 Mangu with Onions Scrambled Eggs Veggie "Sausage" Patty Whole Wheat Bread	14 Apple Pancakes Veggie "Bacon" Strips Whole Wheat Bread
17 – CENTER CLOSED Center will be closed in observance of the Presidents' Day.	18 Avocado & Orange Salad Veggie "Bacon" Strips Waffle Whole Wheat Bread	19 Blueberry Pancakes Veggie "Sausage" Patty Whole Wheat Bread	20 Omelets Home Fries Veggie "Bacon" Strips Whole Wheat Bread	21 Cinnamon Challah French Toast Veggie "Sausage" Link Whole Wheat Bread
24 Egg White Omelette w/ Peppers and Onions English Muffin, WW Veggie "Bacon" Strips	25 Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	26 Coconut Banana Whole Wheat French Toast Veggie "Bacon" Strips Whole Wheat Bread	27 Steel Cut Oatmeal Veggie "Sausage" Link Whole Wheat Bread	28 Veggie "Sausage" Patty Whole Wheat English Muffin BLT



WEINBERG CENTER FOR BALANCED LIVING FEBRUARY 2025 LUNCH MENU



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

Each Lunch Meal Includes Fruit & 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
February 3 Mango-licious Fish Rice with Pigeon Peas Adobo Spiced Cauliflower Zucchini and Carrots	February 4 Mozzarella Cheese Vegan Breaded Chicken Style Cutlet w/ WW Bun Lettuce & Tomato Italian Blend Vegetables	February 5 Baked Flounder Vegetable Lo Mein Steamed Spinach w/ Soy Sauce	February 6 - LION DANCE PERFORMANCE & LUNAR NEW YEAR LUNCHEON Tickets are available on 1/22 (Wed).	February 7 Soft WW Tacos w/ Black Beans & Veg Cumin Spiced Rice Mixed Vegetables
10 Tuna Salad Whole Wheat Pita Baby Spinach Salad with Lemon Vinaigrette	11 – HAPPY BIRTHDAY Fish with Mushrooms, Peppers, and Tomatoes Rice with Corn Tangy Green Beans	12 WW Linguine w/ Veggies Zucchini Bread Sauteed Spinach	13 Salmon w/BBQ Sauce WW Lo Mein w/ Edamame Broccoli with Toasted Garlic	14 White Bean, Eggplant, and Tomato Casserole Yellow Rice Root Vegetable Trio
17 – CENTER CLOSED Center will be closed in observance of the Presidents' Day.	18 Minestrone Soup Spinach Tortellini with Ricotta and Kale Roasted Broccoli	19 Baked Fish w/ Lemon Garlic Butter Sauce Roasted Veg Couscous Whole Wheat Bread Israeli Salad	20 Pineapple Glazed Salmon Vegetable Lo Mein Whole Wheat Bread Baby Spinach Salad w/ Lemon Vinaigrette	21 Curried Jamaican Stew Perfect White Rice Papas Bravas
24 Smokey Black Bean and Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	25 Spanish Style Baked fish Brown Rice and Beans Baked Onions Mixed Vegetables with Garlic	26 Black Bean Tacos with Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	27 Sweet and Sour Salmon Springtime Fried Brown Rice Stir Fried Vegetables	28 Homemade Coconut Breaded Fish Rice and Red Beans Roasted Cabbage with Carrots