



**WEINBERG CENTER FOR BALANCED LIVING**  
**MARCH 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.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>March 3</b> Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	<b>March 4</b> Coconut Banana Whole Wheat French Toast Veggie "Sausage" Patty	<b>March 5</b> Broccoli Cheddar Quiche Veggie "Bacon" Strip Whole Wheat Bread	<b>March 6</b> Veggie "Sausage" Link WW Cinnamon Pancakes	<b>March 7</b> Cheerios Hard Boiled Egg (2) Whole Wheat Mini Bagel
<b>10</b> Tropical Waffles w/ Mangoes & Whipped Cream Veggie "Bacon" Strips	<b>11</b> Mini Croissant Rice Congee with Fish Veggie "Sausage" Link	<b>12</b> Scrambled Eggs w/ Red Peppers and Onions Whole Wheat Bread Veggie "Bacon" Strips	<b>13</b> Whole Wheat English Muffin BLT Cold Cereal	<b>14</b> Coconut Banana Whole Wheat French Toast Veggie "Sausage" Link
<b>17</b> English Muffin Plain Meatless Eggs Benedict Veggie "Bacon" Strip	<b>18</b> Creamy Apple Raisin Oatmeal Veggie "Sausage" Patty	<b>19</b> Cheerios Cinnamon Challah French Toast	<b>20</b> Rice Congee with Fish Veggie Sausage Link Whole Wheat Bread	<b>21</b> Hard Boiled Egg Home Fries with Peppers and Onions Veggie "Bacon" Strips Whole Wheat Bread
<b>24</b> Veggie "Sausage" Link Whole Grain Belgian Waffle	<b>25</b> Rice Congee with Fish Veggie "Bacon" Strips Whole Wheat Bread	<b>26</b> Home Fries Omelette with Spinach & Parmesan Cheese Whole Wheat Bread	<b>27</b> Mangu with Onions Scrambled Eggs Veggie "Sausage" Patty Whole Wheat Bread	<b>28</b> Apple Pancakes Veggie "Bacon" Strips
<b>31</b> Maple Quinoa Oatmeal Porridge Veggie "Sausage" Link				



**WEINBERG CENTER FOR BALANCED LIVING**  
**MARCH 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
<b>March 3</b> Baked Breaded Fish Mexican Confetti Rice Charred Orange Broccoli	<b>March 4</b> Fish w/ Black Bean Sauce Vermicelli Noodles Cucumber Salad Vegetable Mix	<b>March 5</b> Veggie Burger WW Hamburger Bun Sweet Potato Fries Mushroom Barley Soup	<b>March 6</b> Ginger and Lime Salmon WW Lo Mein w/ Edamame Bok Choy	<b>March 7</b> Whole Wheat Tuna Sandwich Cabbage and Apple Slaw
<b>10</b> Vegetable Soup Cheddar Cheese Slice Veggie Burger w/ Bun Sweet Potato Fries	<b>11 – HAPPY BIRTHDAY</b> Baked White Fish with Garlic Crumb Crust Vegetable Couscous Corn & Edamame Salad	<b>12- PURIM CONCERT at 2PM</b> WW Penne w/Veggie "Sausage" & Vegetables, WW Bread, Vegetables	<b>13</b> Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf Blend Vegetables	<b>14</b> Breaded Fish Fillet Cumin Spiced Rice Potato, Cauliflower, and Pea Curry
<b>17</b> Mango-licious Fish Rice with Pigeon Peas Adobo Spiced Cauliflower Zucchini and Carrots	<b>18</b> Mozzarella Cheese Vegan Breaded Chicken Style Cutlet w/ WW Bun Lettuce & Tomato Italian Blend Vegetables	<b>19</b> Baked Flounder Vegetable Lo Mein Spinach Salad Egg Drop Soup	<b>20</b> Baked Salmon with Lemon, Tarragon and Thyme Couscous Romanie, Kale, Pepper, Black Olive, and Feta Salad	<b>21</b> Soft WW Tacos w/ Black Beans & Veg Cumin Spiced Rice Mixed Vegetables
<b>24</b> Tuna Salad Whole Wheat Pita Baby Spinach Salad w/ Lemon Vinaigrette	<b>25</b> Fish with Mushrooms, Peppers, Tomatoes Rice with Corn Tangy Green Beans	<b>26</b> WW Linguine w/ Veggies Zucchini Bread Cauliflower White Bean Soup	<b>27</b> Salmon w/BBQ Sauce WW Lo Mein w/ Edamame Broccoli w/ Toasted Garlic	<b>28</b> White Bean, Eggplant, and Tomato Casserole Yellow Rice Root Vegetable Trio
<b>March 31</b> Root Vegetable Stew (Sancocho) Dominican Moro Corn Niblets Garden Salad				