



WEINBERG CENTER FOR BALANCED LIVING **APRIL 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
MARCH 31 Maple Quinoa Oatmeal Porridge Veggie "Sausage" Link	APRIL 1 Avocado & Orange Salad Veggie "Bacon" Strips Waffles	APRIL 2 Blueberry Pancakes Veggie "Sausage" Patty	APRIL 3 Omelets Home Fries Veggie "Bacon" Strips Wheat Whole Bread	APRIL 4 Cinnamon Challah French Toast Veggie "Sausage" Link
7 Egg White Omelets w/ Peppers & Onions English Muffin Veggie "Bacon" Strips	8 Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	9 Coconut Banana Whole Wheat French Toast Veggie "Bacon" Strips	10 Steel Cut Oatmeal Veggie "Sausage" Link Whole Wheat Bread	11 – TAKE HOME Take Home Breakfast will be distributed after Breakfast time on 4/10 (Thu).
14 - PASSOVER Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	15 - PASSOVER Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	16 - PASSOVER Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	17 - PASSOVER Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	18 - PASSOVER Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup
21 Tropical Waffles w/ Mangoes & Whipped Cream Veggie "Bacon" Strips	22 Mini Croissant Rice Congee with Fish Veggie "Sausage" Link	23 Scrambled Eggs w/ Red Peppers & Onions Whole Wheat Bread Veggie "Bacon" Strips	24 Cheerios Whole Wheat English Muffin BLT	25 Coconut Banana Whole Wheat French Toast Veggie "Sausage" Link
28 Eggs Benedict with Veggie "Bacon" Plain English Muffin	29 Creamy Apple Raisin Oatmeal Veggie "Sausage" Patty	30 Cheerios Cinnamon Challah French Toast	MAY 1 Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	MAY 2 Hard Boiled Egg Home Fries with Peppers and Onions Veggie "Bacon" Strips Whole Wheat Bread



WEINBERG CENTER FOR BALANCED LIVING APRIL 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
March 31 Root Vegetable Stew (Sancocho) Dominican Moro Corn Niblets Garden Salad	APRIL 1 Minestrone Soup Spinach Tortellini with Ricotta and Kale Whole Wheat Bread Roasted Broccoli	APRIL 2 Baked Fish w/ Lemon Garlic Butter Sauce Roasted Veg Couscous Whole Wheat Bread Israeli Salad	APRIL 3 Pineapple Glazed Salmon Vegetable Lo Mein Whole Wheat Bread Baby Spinach Salad w/ Lemon Vinaigrette	APRIL 4 Curried Jamaican Stew Perfect White Rice Papas Bravas
7 Black Bean & Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	8 Spanish Style Baked Fish Brown Rice and Beans Baked Onions Mixed Vegetables with Garlic	9 Butternut Squash Soup Black Bean Tacos with Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	10 Sweet and Sour Salmon Springtime Fried Brown Rice Stir Fried Vegetables	11 – PASSOVER SEDER Ticketing on 3/31 (Mon) Gefilte Fish, Roasted Chicken, Vegetables, Roasted Potatoes & Dessert
14 - PASSOVER Turkey Salad Grilled Vegetables Matzah, Pear	15 - PASSOVER Beef & Chicken Meatballs Quinoa with Mushrooms Matzah, Apple	16 - PASSOVER Roasted Chicken Zucchini in Sauce Matzah, Banana	17 - PASSOVER Grilled Salmon Sauteed Vegetables Matzah, Pear	18 - PASSOVER Grilled Chicken Breast Grilled Vegetables Matzah, Apple
21 Vegetable Soup Cheddar Cheese Slice Veggie Burger w/ Bun Sweet Potato Fries	22 Baked White Fish with Garlic Crumb Crust Vegetable Couscous Corn & Edamame Salad	23 WW Penne w/Veggie "Sausage" & Vegetables, WW Bread Vegetables	24 Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf Mixed Vegetables	25 Breaded Fish Fillet Cumin Spiced Rice Potato, Cauliflower, and Pea Curry
28 Mango-licious Fish Rice with Pigeon Peas Adobo Spiced Cauliflower Zucchini and Carrots	29 Mozzarella Cheese Vegan Breaded Chicken Style Cutlet w/ WW Bun Lettuce & Tomato Italian Blend Vegetables	30 Baked Flounder Vegetable Lo Mein Spinach Salad Egg Drop Soup	MAY 1 Baked Salmon w/ Lemon Herb Couscous Romaine, Kale, Pepper, Black Olive, and Feta Salad	MAY 2 Soft WW Tacos w/ Black Beans & Veg Cumin Spiced Rice Mixed Vegetables