



WEINBERG CENTER FOR BALANCED LIVING MAY 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
APRIL 28 Eggs Benedict with Veggie "Bacon" Plain English Muffin	APRIL 29 Creamy Apple Raisin Oatmeal Veggie "Sausage" Patty	APRIL 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
5 Veggie "Sausage" Link Whole Grain Belgian Waffle	6 Rice Congee with Fish Veggie "Bacon" Link Whole Wheat Bread	7 Home Fries Omelette with Spinach and Parmesan Cheese Whole Wheat Bread	8 Mangu with Onions Scrambled Eggs Veggie "Sausage" Patty Whole Wheat Bread	9 Apple Pancakes Veggie "Bacon" Strips
12 Maple Quinoa Oatmeal Porridge Veggie "Sausage" Link	13 Avocado & Orange Salad Veggie "Bacon" Strips Waffles	14 Blueberry Pancakes Veggie "Sausage" Patty	15 Omelets Home Fries Veggie "Bacon" Strips Wheat Whole Bread	16 Cinnamon Challah French Toast Veggie "Sausage" Link
19 Egg White Omelets w/ Peppers & Onions English Muffin Veggie "Bacon" Strips	20 Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	21 Coconut Banana Whole Wheat French Toast Veggie "Bacon" Strips	22 Steel Cut Oatmeal Veggie "Sausage" Link Whole Wheat Bread	23 Cheerios WW English Muffin Veggie BLT
26 – Center Closed Center is closed for Memorial Day.	27 Coconut Banana Whole Wheat French Toast Veggie "Sausage" Patty	28 Broccoli Cheddar Quiche Veggie "Bacon" Strip Whole Wheat Bread	29 Veggie "Sausage" Link WW Cinnamon Pancakes	30 Cheerios Hard Boiled Egg (2) Whole Wheat Mini Bagel



WEINBERG CENTER FOR BALANCED LIVING **MAY 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
APRIL 28 Mango-licious Fish Rice with Pigeon Peas Adobo Spiced Cauliflower Zucchini and Carrots	APRIL 29 Mozzarella Cheese Vegan Breaded Chicken Style Cutlet w/ WW Bun Lettuce & Tomato Italian Blend Vegetables	APRIL 30 Baked Flounder Vegetable Lo Mein Steamed Spinach 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
5 Tuna Salad Whole Wheat Pita Baby Spinach Salad w/ Lemon Vinaigrette	6 Fish with Mushrooms, Peppers, Tomatoes Rice with Corn Tangy Green Beans	7 WW Linguine w/ Veggies Zucchini Bread Italian Vegetables White Bean Soup	8 Salmon w/BBQ Sauce WW Lo Mein w/ Edamame Broccoli w/ Toasted Garlic	9 Crispy Baked Eggplant Parmesan Hero Root Vegetable Trio
12 Root Vegetable Stew (Sancocho) Dominican Moro Corn Niblets Garden Salad	13 – HAPPY BIRTHDAY Minestrone Soup Spinach Tortellini with Ricotta and Kale Whole Wheat Bread Roasted Broccoli	14 Baked Fish w/ Lemon Garlic Butter Sauce Roasted Veg Couscous Whole Wheat Bread Israeli Salad	15 Pineapple Glazed Salmon Vegetable Lo Mein Whole Wheat Bread Baby Spinach Salad w/ Lemon Vinaigrette	16 Curried Jamaican Stew Perfect White Rice Papas Bravas
19 Black Bean & Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	20 Spanish Style Baked Fish Brown Rice and Beans Mixed Vegetables with Garlic	21 Butternut Squash Soup Black Bean Tacos with Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	22 Sweet and Sour Salmon Springtime Fried Brown Rice Stir Fried Vegetables	23 – Take Home Lunch Only Egg Salad Green Salad Whole Wheat Roll
26 – Center Closed Center is closed for Memorial Day.	27 Fish w/ Black Bean Sauce Vermicelli Noodle and Cucumber Salad Vegetable Mix	28 Veggie Burger WW Hamburger Bun Sweet Potato Fries Mushroom Barley Soup	29 Ginger and Lime Salmon WW Lo Mein w/ Edamame Bok Choy	30 Whole Wheat Tuna Sandwich Cabbage and Apple Slaw