



Weinberg Center for Balanced Living

@ The Manny Cantor Center: 197 East Broadway, NY, NY 10002 / (646)-395-4270

January 2019 Weinberg Lunch Menu

Kosher • Under the supervision of the vaad of Flatbush. Penthouse View! Healthy, fresh food made on-site • requested contribution \$2.00 for lunch!
 Monthly birthday celebrations – if it's your birthday, lunch is on us!

**Our popular lunches sell out fast
 Pick up your lunch ticket at breakfast!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLOSED New Year's Day	2 Baked Fish Yellow Rice Asian Cabbage Milk, Fruit	3 Lentil Soup Bean Burrito Tortilla Mexican Confetti Rice Cucumber Chickpea Salad	4 Salmon in Garlic Butter Sauce Cous Cous Baby Carrots Milk, Fruit
7 Breaded Fish WW Roll Cabbage Carrot Slaw Milk, Fruit	8 White Bean Soup Tofu Broccoli Curry Brown Rice Salad Milk, Fruit	9 Baked Fish Lo Mein Broccoli with Toasted Garlic Milk, Fruit	10 Minestrone Soup Baked Ziti Garlic Bread California Vegetables Milk, Fruit	11 Baked Salmon Bowtie Pasta with Kasha Zucchini and Peas Milk, Fruit
14 Breaded Sole Fillet WW Bread Garlic Mashed Potatoes Beet Salad Milk, Fruit	15 Vegetable Soup Chickpea Stew Brown Rice Cauliflower Milk, Fruit	16 Baked White Fish Couscous with Peas Baby Carrots with Parsley Milk, Fruit	17 Lentil Soup Cheese Pizza WW Roll Spinach, Apple and Red Onion Salad Milk, Fruit	18 Citrus Sesame Crusted Salmon Lo Mein Bok Choy Milk, Fruit
21 Closed Martin Luther King Day	22 Mushroom Barley Soup Eggplant Parmesan Italian Bread Vegetables Milk, Fruit	23 Salmon in Garlic Butter Sauce Couscous Baby Carrots Milk, Fruit	24 Lentil Soup Bean Burrito Tortilla Mexican Confetti Rice Cucumber Chickpea Salad	25 Baked Fish Yellow Rice Asian Cabbage Milk, Fruit
28 Menu for this week awaiting approval from DFTA	29	30	31	



Contact Us: 646-395-4270
 Visit Us: MannyCantor.org
 Center Opens: @ 8AM / Office Hours: @ 10AM—2PM Monday - Friday
 Breakfast: 8:30AM—9:30AM / Lunch: 12PM—1PM

The Weinberg Center for Balanced Living is funded in part by New York City Department for the Aging





Weinberg Center for Balanced Living

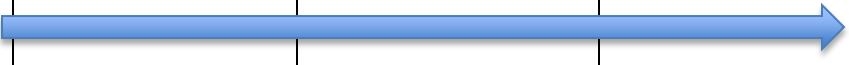
@ The Manny Cantor Center: 197 East Broadway, NY, NY 10002 / (646)-395-4270

January 2019 Breakfast Menu

Kosher • Under the supervision of the vaad of Flatbush. Penthouse View!
 Healthy, fresh food made on-site • requested contribution \$1.00 for breakfast!
 Monthly birthday celebrations – if it's your birthday, lunch is on us!

**Our popular lunches sell out fast
 Pick up your lunch ticket at breakfast!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLOSED New Year's Day	2 Waffles Veggie Sausage Oatmeal Wheat Germ Milk, Fruit	3 Scrambled Eggs Wheat Flake Cereal WW Bread Milk, Fruit	4 WW English Muffin BLT Creamy Oat Brand Milk, Fruit
7 French Toast Wheat Flake Cereal Milk, Fruit	8 Scrambled Eggs Home Fries Wheatena WW Bagel Milk, Fruit 8	9 Pancakes Cottage Cheese Bran Flakes Cereal Milk, Fruit	10 Grilled Mozzarella and Tomato Sandwich Farina Milk, Fruit	11 Egg White Omelette Home Fries Oatmeal Milk, Fruit
14 Waffles Veggie Sausage Patty Bran Flakes Cereal Milk, Fruit	15 Hard Boiled Egg WW Minin Bagel Oatmeal Milk, Fruit	16 French Toast Cream of Wheat Milk, Fruit	17 Eggs Benedict Home Fries Farina Milk, Fruit	18 Cheddar and Potato Bake Bran Flakes Cereal Milk, Fruit
21 Closed Martin Luther King Day	22 Farmers Market Individual Omelets WW Bread Cereal Milk, Fruit	23 Waffles Veggie Sausage Oatmeal Wheat Germ Milk, Fruit	24 Scrambled Eggs Wheat Flake Cereal WW Bread Milk, Fruit	25 WW English Muffin BLT Creamy Oat Brand Milk, Fruit
28 Menu for this week awaiting approval from DFTA	29	30	31	



Contact Us: 646-395-4270
 Visit Us: MannyCantor.org
 Center Opens: @ 8AM / Office Hours: @ 10AM—2PM Monday - Friday
 Breakfast: 8:30AM—9:30AM / Lunch: 12PM—1PM

The Weinberg Center for Balanced Living is funded in part by New York City Department for the Aging



01/2019 Weinberg 午餐菜單 午餐建議捐贈：\$2

如果您是當月生日 每月生日午餐當天免捐贈費
 每日必供應的牛奶和水果 不再開列於下列欄內

**熱門午餐極快售完
 早餐時請提前登記**

星期一	星期二	星期三	星期四	星期五
	1 新年日 本中心暫停開放	2 焗魚 黃飯 亞洲捲心菜	3 扁豆湯 墨西哥豆卷 墨西哥飯 青瓜鷹嘴豆沙拉	4 蒜頭牛油焗三文魚 古斯米 迷你胡蘿蔔
7 麵包糠魚 全麥花卷 白菜胡蘿蔔	8 白豆湯 豆腐西蘭花咖喱 糙米飯 波菜沙拉	9 焗魚 大蒜西蘭花撈麵	10 蔬菜濃湯 芝士意粉 蔬菜 大蒜麵包	11 焗三文魚 蝴蝶結意粉 西葫蘆 豆
14 麵包糠比目魚 全麥花卷 大蒜土豆泥 紅菜頭沙拉	15 蔬菜湯 鷹嘴豆醬 糙米飯 花椰菜	16 焗白魚 古斯米 豆 迷你胡蘿蔔	17 扁豆湯 芝士比薩 全麥花卷 波菜, 蘋果, 紅洋蔥 沙拉	18 柑橘芝麻焗三文魚 白菜撈麵
21 馬丁·路德·金 紀念日 本中心暫停開放	22 蘑菇大麥濃湯 茄子意粉 意式蔬菜	23 蒜頭牛油焗三文魚 古斯米 迷你胡蘿蔔	24 扁豆湯 墨西哥豆卷 墨西哥飯 青瓜鷹嘴豆沙拉	25 焗魚 黃飯 亞洲捲心菜
28 本星期餐單在等待 政府老人部門批准	29	30	31	



Weinberg Center for Balanced Living

@ The Manny Cantor Center: 197 East Broadway, NY, NY 10002 / (646)-395-4270

01/2019 Weinberg 早餐菜單 早餐建議捐贈: \$1.00

每日必供應的麥片、牛奶、水果和果汁不再開列於下列欄內

熱門午餐極快售完
早餐時請提前登記

星期一	星期二	星期三	星期四	星期五
	1 新年日 本中心暫停開放	2 燕麥片 果醬華夫餅 素肉腸	3 炒蛋 全麥花卷	4 燕麥片 全麥蛋漢堡
7 法式果醬吐司	8 炒蛋 薯餅 迷你貝果	9 果醬薄餅 農家鮮起司	10 燕麥片 芝士蕃茄三文治	11 燕麥片 蛋白卷 薯餅
14 果醬華夫餅 素肉腸	15 燕麥片 水煮蛋 迷你貝果	16 燕麥片 法式果醬吐司	17 燕麥片 班尼迪克蛋 薯餅	18 芝士馬鈴薯
21 馬丁·路德·金 紀念日 本中心暫停開放	22 煎蛋餅 全麥花卷	23 燕麥片 果醬華夫餅 素肉腸	24 炒蛋 全麥花卷	25 燕麥片 全麥蛋漢堡
28 本星期餐單在等待 政府老人部門批准	29	30	31	



Contact Us: 646-395-4270
 Visit Us: MannyCantor.org
 Center Opens: @ 8AM / Office Hours: @ 10AM—2PM Monday - Friday
 Breakfast: 8:30AM—9:30AM / Lunch: 12PM—1PM

The Weinberg Center for Balanced Living is funded in part by New York City Department for the Aging

