



# Weinberg Center for Balanced Living

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

## February 2019 Weinberg Breakfast 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 Egg White Omelette Home Fries Oatmeal Milk, Fruit
4 Waffles Veggie Sausage Patty Bran Flakes Cereal Milk, Fruit	5 Hard Boiled Eggs WW Mini Bagel Oatmeal Milk Fruit	6 French Toast Cream of Wheat Milk, Fruit	7 Eggs Benedict Home Fries Farina Milk, Fruit	8 Cheddar and Potato Bake Bran Flakes Cereal Milk, Fruit
11 Pancakes Veggie Sau Oatmeal Wheat Germ Milk, Fruit	12 Farmers Market Individual Omelets WW Bread Cereal Milk, Fruit	13 Waffles Veggie Sausage Oatmeal Wheat Germ Milk, Fruit	14 Cereal Scrambled Eggs WW Bread Milk, Juice, Fruit	15 Creamy Oat Bran Egg MCC Muffin Milk, Juice, Fruit
18 <b>President's Day</b>  <b>Closed</b>	19 Scrambled Eggs Home Fries Wheatena WW Bagel Milk, Fruit	20 Pancakes Cottage Cheese Bran Flakes Cereal Milk, Fruit	21 Grilled Mozzarella and Tomato Sandwich Farina Milk, Fruit	22 Frittata Home Fries Oatmeal Milk, Fruit
25 Waffles Veggie Sausage Patty Bran Flakes Cereal Milk, Fruit	26 Hard Boiled Egg WW Minin Bagel Oatmeal Milk, Fruit	27 French Toast Cream of Wheat Milk, Fruit	28 Shaksuka Home Fries Farina Pita Bread Milk, Fruit	



Contact Us: 646-395-4270  
Visit Us: [MannyCantor.org](http://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





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## February 2019 Weinberg Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please note:                      We will be serving take way lunches during the renovation from Feb 11th -22nd</b></p>				<p>1                      Baked Salmon                      Howtie Pasta with Kasha                      Zucchini and Peas                      Milk, Fruit</p>
<p>4                      Breaded Sole Fillet                      WW Bread                      Garlic Mashed Potatoes                      Beet Salad                      Milk, Fruit</p>	<p>5                      Vegetable Soup                      Chickpea Stew                      Brown Rice                      Cauliflower                      Milk, Fruit</p>	<p>6                      Baked White Fish                      Couscous with Peas                      Baby Carrots with Parsley                      Milk, Fruit</p>	<p>7                      Lentil Soup                      Cheese Pizza                      WW Roll                      Spinach, Apple and Red Onion Salad                      Milk, Fruit</p>	<p>8                      Citrus Sesame Crusted Salmon                      Lo Mein                      Bok Choy                      Milk, Fruit</p>
<p>11                      Tuna Salad                      WW Roll                      Salad                      Fruit                      Milk                      Special Dessert                      (Take away lunch)</p>	<p>12                      Egg Salad                      WW Roll                      Salad                      Fruit                      Milk                      Special Dessert                      (Take away lunch)</p>	<p>13                      Hummus Platter                      Pita                      Salad                      Fruit                      Special Dessert                      (Take away lunch)</p>	<p>14                      Tuna Salad                      WW Roll                      Salad                      Fruit                      Milk                      Special Dessert                      (Take away lunch)</p>	<p>15                      Egg Salad                      WW Roll                      Salad                      Fruit                      Milk                      Special Dessert                      (Take away lunch)</p>
<p>18  <b>President's Day</b>   <b>Closed</b></p>	<p>19                      Tuna Salad                      WW Roll                      Salad                      Fruit                      Milk                      Special Dessert                      (Take away lunch)</p>	<p>20                      Egg Salad                      WW Roll                      Salad                      Fruit                      Milk                      Special Dessert                      (Take away lunch)</p>	<p>21                      Hummus Platter                      Pita                      Salad                      Fruit                      Milk                      Special Dessert                      (Take away lunch)</p>	<p>22                      Tuna Salad                      WW Roll                      Salad                      Fruit                      Milk                      Special Dessert                      (Take away lunch)</p>
<p>25                      Breaded Sole Fillet                      WW Bread                      Garlic Mashed Potatoes                      Beet Salad                      Milk, Fruit</p>	<p>26                      Vegetable Soup                      Chickpea Stew                      Brown Rice                      Cauliflower                      Milk, Fruit</p>	<p>27                      Baked White Fish                      Couscous with Peas                      Baby Carrots with Parsley                      Milk, Fruit</p>	<p>28                      Lentil Soup                      Cheese Pizza                      WW Roll                      Spinach, Apple, and Red Onion Salad                      Milk, Fruit</p>	



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## 02/2019 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 燕麥片 蛋白卷 薯餅
4 果醬華夫餅 素肉腸	5 燕麥片 水煮蛋 迷你貝果	6 燕麥片 法式果醬吐司	7 燕麥片 班尼迪克蛋 薯餅	8 芝士馬鈴薯
11 燕麥片 果醬薄餅 素肉腸	12 煎蛋餅 全麥包	13 燕麥片 果醬華夫餅 素肉腸	14 炒蛋 全麥花卷	15 燕麥片 全麥蛋漢堡
18 燕麥片 法式果醬吐司	19 炒蛋 薯餅 全麥貝果	20 燕麥片 果醬薄餅 農家鮮起司	21 燕麥片 芝士蕃茄三文治	22 燕麥片 煎蛋餅 薯餅
25 果醬華夫餅 素肉腸	26 燕麥片 水煮蛋 迷你貝果	27 燕麥片 法式果醬吐司	28 燕麥片 茄醬焗蛋 薯餅 皮塔餅	



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## 02/2019 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
<p><b>請留意：</b> 在六樓裝修 2月11日到22日期間，本中心只會提供午餐包</p>				<p>1 焗三文魚 蝴蝶結意粉 西葫蘆 豆</p>
<p>4 麵包糠比目魚 全麥花卷 大蒜土豆泥 紅菜頭沙拉</p>	<p>5 蔬菜湯 鷹嘴豆醬 糙米飯 花椰菜</p>	<p>6 焗白魚 古斯米 豆 迷你胡蘿蔔</p>	<p>7 扁豆湯 芝士比薩 全麥花卷 波菜, 蘋果, 紅洋蔥 沙拉</p>	<p>8 柑橘芝麻焗三文魚 白菜撈麵</p>
<p>11 吞拿魚沙拉 全麥花卷 沙拉 水果 (午餐包)</p>	<p>12 蛋沙拉 全麥花卷 沙拉 水果 (午餐包)</p>	<p>13 鷹嘴豆泥 皮塔餅 沙拉 水果 (午餐包)</p>	<p>14 吞拿魚沙拉 全麥花卷 沙拉 水果 (午餐包)</p>	<p>15 蛋沙拉 全麥花卷 沙拉 水果 (午餐包)</p>
<p>18 <b>總統日</b>  <b>本中心暫停開放</b></p>	<p>19 吞拿魚沙拉 全麥花卷 沙拉 水果 (午餐包)</p>	<p>20 蛋沙拉 全麥花卷 沙拉 水果 (午餐包)</p>	<p>21 鷹嘴豆泥 皮塔餅 沙拉 水果 (午餐包)</p>	<p>22 吞拿魚沙拉 全麥花卷 沙拉 水果 (午餐包)</p>
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