



# Weinberg Center for Balanced Living

@ the Manny Cantor Center | 197 East Broadway, NY, NY 10002

## March 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   |
|---|--|---|--|--|
| <p><b>Welcome back to the 6<sup>th</sup> Floor!!</b><br/><b>We are happy and excited to be back serving our delicious meals in our beautifully restored community space. Thank you for your patience during the renovation.</b></p> |  | <p><b>Please be advised due to an all-day event in the community room on March 19<sup>th</sup>, breakfast will be served in the 4<sup>th</sup> Floor Conference Room. Thank you for your understanding.</b></p> |  | <p>1<br/>Cereal<br/>Cheddar Potato<br/>Croissant<br/>Milk, Juice, Fruit</p>  |
| <p>4<br/>Oatmeal<br/>Pancakes<br/>Veggie Sausage<br/>Milk, Juice, Fruit</p>   | <p>5<br/>Cereal<br/>Farmers Omelet<br/>WW Bread<br/>Milk, Juice, Fruit</p>   | <p>6<br/>Oatmeal<br/>Waffles<br/>Veggie Sausage<br/>Milk, Juice, Fruit</p>  | <p>7<br/>Scrambled Eggs<br/>Home Fries<br/>Wheat Flake Cereal<br/>WW Bread<br/>Milk, Fruit</p> | <p>8<br/>WW English Muffin<br/>BLT<br/>Creamy Oat Bran<br/>Milk, Fruit</p>   |
| <p>11<br/>French Toast<br/>Wheat Flake Cereal<br/>Milk, Fruit</p>   | <p>12<br/>Frittata Mexicana<br/>Wheatena<br/>WW Mini Bagel<br/>Milk, Fruit</p>   | <p>13<br/>Pancakes<br/>Cottage Cheese Low Sodium<br/>Bran Flakes Cereal<br/>Milk, Fruit</p>   | <p>14<br/>Grilled Mozzarella and Tomato Sandwich<br/>Farina<br/>Milk, Fruit</p>                | <p>15<br/>Egg Beater Omelette<br/>Home fries<br/>Oatmeal<br/>Milk, Fruit</p> |
| <p>18<br/>Waffles<br/>Veggie Sausage<br/>Patty<br/>Bran Flakes Cereal<br/>Milk, Fruit</p>   | <p>19<br/>Hard Boiled Egg<br/>WW Mini Bagel<br/>Oatmeal<br/>Milk, Fruit<br/><i>(Breakfast in 4<sup>th</sup> Fl. Conference Room)</i></p> | <p>20<br/>French Toast<br/>Cream of Wheat<br/>Milk, Fruit</p>   | <p>21<br/>Eggs Benedict<br/>Home Fries<br/>Farina<br/>Milk, Fruit</p>                          | <p>22<br/>Cheddar and Potato Bake<br/>Bran Flakes Cereal<br/>Milk, Fruit</p> |
| <p>25<br/>Pancakes<br/>Veggie Sausage<br/>Oatmeal<br/>Wheat Germ<br/>Milk, Fruit</p>  | <p>26<br/>Farmers Market<br/>Individual Omelets<br/>WW Bread<br/>Cereal<br/>Milk, Fruit</p>  | <p>27<br/>Waffles<br/>Veggie Sausage<br/>Oatmeal<br/>Wheat Germ<br/>Milk, Fruit</p>   | <p>28<br/>Cereal<br/>Scrambled Eggs<br/>WW Bread<br/>Milk, Juice, Fruit</p>                    | <p>29<br/>Creamy Oat Bran<br/>Egg MCC Muffin<br/>Milk, Juice, Fruit</p>      |

**Contact Us: 646.395.4270**

**Visit Us: [mannycantor.org/weinberg](http://mannycantor.org/weinberg)**

**Center Opens at 8AM | Office Hours: 10AM-2PM M-F**

**Breakfast: 8:30-9:30PM | Lunch: 12PM-1PM**

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





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| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <p><b>Please be advised due to an all-day event in the community room on March 19<sup>th</sup> we will be serving a take away lunch. Thank you for your understanding</b></p> |  |  |  | 1<br>Citrus Sesame<br>Crusted Salmon<br>Lo Mein<br>Bok Choy<br>Milk Fruit            |
| 4<br>Breaded Fish<br>Bulgur Salad<br>Baked Red Potato<br>Milk, Fruit  | 5<br>Mushroom Barley<br>Soup<br>Eggplant Parmesan<br>Italian Blend<br>Vegetables<br>Milk, Fruit  | 6<br>Salmon in Garlic<br>Butter Sauce<br>Cous Cous<br>Baby Carrots<br>Milk, Fruit                                      | 7<br>Lentil Soup<br>Bean Burrito<br>wwTortilla<br>Mexican Rice<br>Cucumber Chickpea<br>Salad, Milk, Fruit  | 8<br>Baked Fish<br>Yellow Rice<br>Asian Cabbage<br>Milk, Fruit                       |
| 11<br>Breaded Fish<br>WW Roll<br>Cabbage Carrot<br>Slaw<br>Baked Sweet<br>Potato<br>Milk, Fruit   | 12<br>Tofu Broccoli Curry<br>Brown Rice<br>Baby Spinach<br>Mixed Salad<br>Milk, Fruit            | 13<br>Baked Fish<br>Lo Mein<br>Green Bean with<br>Toasted Garlic<br>Milk, Fruit  | 14<br>Minestrone Soup<br>Baked Ziti<br>Garlic Bread<br>California Blend<br>Vegetables<br>Milk, Fruit       | 15<br>Baked Salmon<br>Bowtie Pasta with<br>Kasha<br>Zucchini and Peas<br>Milk, Fruit |
| 18<br>Breaded Sole Fillet<br>WW Roll<br>Garlic Mashed<br>Potatoes<br>Beet Salad<br>Milk, Fruit  | 19<br>Tuna Salad<br>WW Roll<br>Cole Slaw<br>Fruit<br>Milk<br>Cookie<br><b>(Take Away Lunch)</b>  | 20<br>Baked White Fish<br>w/Garlic Crumb<br>Crust<br>Couscous with Peas<br>Baby Carrots with<br>Parsley<br>Milk, Fruit | 21<br>Lentil Soup<br>Cheese Pizza<br>WW Roll<br>Spinach, Apple and<br>Red Onion Salad<br>Milk, Fruit       | 22<br>Citrus Sesame<br>Crusted Salmon<br>Lo Mein<br>Bok Choy<br>Milk, Fruit          |
| 25<br>Breaded Fish<br>Bulgur Salad<br>Baked Red Potato<br>Milk, Fruit   | 26<br>Mushroom Barley<br>Soup<br>Eggplant Parmesan<br>Italian Blend<br>Vegetables<br>Milk, Fruit | 27<br>Salmon in Garlic<br>Butter Sauce<br>Cous Cous<br>Baby Carrots<br>Milk, Fruit                                     | 28<br>Lentil Soup<br>Bean Burrito<br>wwTortilla<br>Mexican Rice<br>Cucumber Chickpea<br>Salad, Milk, Fruit | 29<br>Baked Fish<br>Yellow Rice<br>Asian Cabbage<br>Milk, Fruit                      |

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## 03/2019 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                              |
|---|--|--|------------------------------------|----------------------------------|
| <p><b>歡迎回到六樓！</b></p> <p>我們很高興繼續能為你們提供美味食物。</p> <p>感謝您在裝修期間的耐心等待。</p> |  | <p><b>請留意：</b></p> <p>在3月19日(星期二)因活動關係，本中心的早餐將搬到4樓會議室。</p> |                                    | <p>1<br/>芝士馬鈴薯<br/>牛角包</p>       |
| <p>4<br/>燕麥片<br/>果醬薄餅<br/>素肉腸</p>                                     | <p>5<br/>煎蛋餅<br/>全麥包</p>                           | <p>6<br/>燕麥片<br/>果醬華夫餅<br/>素肉腸</p>                         | <p>7<br/>炒蛋<br/>薯餅<br/>全麥花卷</p>    | <p>8<br/>燕麥片<br/>全麥蛋漢堡</p>       |
| <p>11<br/>法式果醬吐司</p>  | <p>12<br/>墨西哥蛋餅<br/>迷你貝果</p>                       | <p>13<br/>果醬薄餅<br/>農家鮮起司</p>                               | <p>14<br/>燕麥片<br/>芝士蕃茄三文治</p>      | <p>15<br/>燕麥片<br/>煎蛋餅<br/>薯餅</p> |
| <p>18<br/>果醬華夫餅<br/>素肉腸</p>   | <p>19<br/>燕麥片<br/>水煮蛋<br/>迷你貝果<br/>(早餐將在4樓會議室)</p> | <p>20<br/>燕麥片<br/>法式果醬吐司</p>                               | <p>21<br/>燕麥片<br/>班尼迪克蛋<br/>薯餅</p> | <p>22<br/>芝士馬鈴薯</p>              |
| <p>25<br/>燕麥片<br/>果醬薄餅<br/>素肉腸</p>                                    | <p>26<br/>煎蛋餅<br/>全麥包</p>                          | <p>27<br/>燕麥片<br/>果醬華夫餅<br/>素肉腸</p>                        | <p>28<br/>炒蛋<br/>全麥花卷</p>          | <p>29<br/>燕麥片<br/>全麥蛋漢堡</p>      |

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## 03/2019 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></p> <p>在3月19日(星期二)因活動關係，本中心中午只會提供午餐包。</p> |  |                                     |  |                                 |
| 4<br>麵包糠魚<br>土耳其沙拉<br>焗紅土豆                               | 5<br>蘑菇大麥濃湯<br>焗茄子包<br>意式蔬菜                          | 6<br>牛油大蒜焗三文魚<br>古斯米<br>迷你胡蘿蔔       | 7<br>扁豆湯<br>墨西哥豆卷<br>墨西哥飯<br>青瓜鷹嘴豆沙拉           | 1<br>柑橘芝麻焗三文魚<br>白菜撈麵           |
| 11<br>麵包糠魚<br>全麥花卷<br>胡蘿蔔卷心菜<br>焗甜蕃薯                     | 12<br>豆腐西蘭花咖喱<br>糙米飯<br>波菜沙拉                         | 13<br>焗魚<br>大蒜西蘭花撈麵                 | 14<br>蔬菜濃湯<br>芝士意粉<br>蔬菜<br>大蒜麵包               | 8<br>焗魚<br>黃飯<br>亞洲白菜           |
| 18<br>麵包糠比目魚<br>全麥花卷<br>大蒜土豆泥<br>紅菜頭沙拉                   | 19<br>吞拿魚<br>全麥花卷<br>沙拉<br>水果<br>曲奇餅<br><b>(午餐包)</b> | 20<br>焗麵包糠大蒜白魚<br>古斯米<br>豆<br>迷你胡蘿蔔 | 21<br>扁豆湯<br>芝士比薩<br>全麥花卷<br>波菜, 蘋果, 紅洋葱<br>沙拉 | 15<br>焗三文魚<br>蝴蝶結意粉<br>西葫蘆<br>豆 |
| 25<br>麵包糠魚<br>土耳其沙拉<br>焗紅土豆                              | 26<br>蘑菇大麥濃湯<br>焗茄子包<br>意式蔬菜                         | 27<br>牛油大蒜焗三文魚<br>古斯米<br>迷你胡蘿蔔      | 28<br>扁豆湯<br>墨西哥豆卷<br>墨西哥飯<br>青瓜鷹嘴豆沙拉          | 22<br>柑橘芝麻焗三文魚<br>白菜撈麵          |
|  |  |                                     |  | 29<br>焗魚<br>黃飯<br>亞洲白菜          |

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