



# Weinberg Center for Balanced Living

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

## September 2018 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
3 CLOSED FOR LABOR DAY	4 Sweet & Sour Meatballs Brown Rice Asian Cabbage Milk, Fruit	5 Salmon Lo Mein Noodles Garlic Broccoli Milk, Fruit	6 Chickpea Stew Fiesta Rice Cucumber Salad Milk, Fruit	7 <b>Special Rosh Hashanah Meal (please RSVP in advance)</b>
10 CLOSED FOR ROSH HASHANAH	11 CLOSED FOR ROSH HASHANAH	12 Baked Fish Brown Rice Broccoli Milk, Fruit	13 Egg Salad Grain Bread Cucumber Salad Milk, Fruit	14 Salmon Couscous Beet Salad Milk, Fruit
17 Breaded Pollock WW Roll Red Potatoes Cabbage Milk, Fruit	18 Black Bean Stew Brown Rice Corn Muffin Salad Milk, Fruit	19 CLOSED FOR YOM KIPPUR	20 Vegetable Lasagna Garlic Bread Salad Milk, Fruit	21 Salmon Brown Rice Broccoli Milk, Fruit
Sukkot – Cold Meal 24 Tuna Salad Green Salad WW Bread Milk, Fruit	Sukkot – Cold Meal 25 Egg Salad WW Pita Cole Slaw Milk, Fruit	Sukkot 26 Baked Fish Pasta & Kasha Green Beans Milk, Fruit	Sukkot 27 Bean Stew Fiesta Rice Cucumber Salad Milk, Fruit	Sukkot 28 Salmon Lo Mein Noodles Broccoli Milk, Fruit

**We are implementing new policies regarding our meal program.**

- **ONE TICKET PER PERSON.** You may no longer pick up meal tickets for friends.
- **NO SAVING SEATS.** If you are waiting for a friend to arrive who has not yet picked up ticket, you must wait in the lobby for them.
- **If you have questions or concerns, please visit the office (room 402) and speak to a staff member.**



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





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## September 2018 Breakfast Menu

Kosher • Under the supervision of the vaad of Flatbush. Penthouse View!  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>CLOSED FOR LABOR DAY</b>	4 Veggie Sausage Waffles Cereal Milk, Fruit & Juice	5 Pancakes Oatmeal Milk, Fruit & Juice	6 Eggs Benedict Home Fries Farina Milk, Fruit & Juice	7 French Toast Cereal Milk, Fruit & Juice
10 <b>CLOSED FOR ROSH HASHANAH</b>	11 <b>CLOSED FOR ROSH HASHANAH</b>	12 Grilled Mozzarella Sandwich Farina Milk, Fruit & Juice	13 Omelets WW Bread Cereal Milk, Fruit & Juice	14 Waffles Veggie Sausage Oatmeal Milk, Fruit & Juice
17 Pancakes Veggie Sausage Oatmeal Milk, Fruit & Juice	18 Scrambled Eggs Home Fries WW Bagel Milk, Fruit & Juice	19 <b>CLOSED FOR YOM KIPPUR</b>	20 Frittata Mini Croissant Cereal Milk, Fruit & Juice	21 French Toast Veggie Sausage Cereal Milk, Fruit & Juice
Sukkot – Cold Meal 24 Boiled Egg WW Bread Cereal Milk, Fruit & Juice	Sukkot – Cold Meal 25 Yogurt Parfait Cereal Mini Croissant Milk, Fruit & Juice	Sukkot 26 Waffles Veggie Sausage Cereal Milk, Fruit & Juice	Sukkot 27 Eggs Benedict Home Fries Farina Milk, Fruit & Juice	Sukkot 28 17 Pancakes Veggie Sausage Farina Milk, Fruit & Juice

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