

Sirovich Center For Balanced Living -BREAKFAST MENU December 2021

Grab and Go Options Only from 12/2 to 12/16, 1st Come 1st Serve 12pm-1pm

Monday	Tuesday	Wednesday	Thursday	Friday
			2 Egg Frittata with Potatoes and Peas Oatmeal (1 cup) Whole Wheat Mini Bagel Apple Juice Fruit Cocktail Milk, low fat, 1% Butter	3 Pork Breakfast Sausage Patty Waffles (Pre-Prepared) Raisin Bran Cereal Apple Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup
6 French Toast (pre-prepared) Pork Sausage Link Bran Flakes Cereal Apple Orange Juice Milk, low fat, 1% Pancake Syrup	7 Scrambled Eggs Home Fries with Peppers and Onions Whole Wheat Mini Bagel Fruit Cocktail Pineapple Juice Milk, low fat, 1% Butter	8 Baked Potatoes Cheddar Cheese Toasted Oats Cereal Apple Juice Sliced Canned Peaches Milk, low fat, 1%	9 Ham and Cheese Frittata Bran Muffin (pre-prepared) Raisin Bran Cereal Apple Orange Juice Milk, low fat, 1% Butter	10 Pancakes (pre-prepared) Turkey Sausage Link Oatmeal (1/2 cup) Banana Grape Juice, Unsweetened Milk, low fat, 1% Pancake Syrup
13 Pork Breakfast Sausage Patty Waffles (Pre-Prepared) Bran Flakes Cereal Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup	14 Hard Boiled Egg (2) Toasted Oats Cereal Whole Wheat Blueberry Muffins Apple Orange Pineapple Juice Milk, low fat, 1% Butter	15 French Toast (pre-prepared) Turkey Sausage Patty Oatmeal (1/2 cup) Orange Juice Pear Milk, low fat, 1% Pancake Syrup	16 Coconut Granola 1/4 cup Plain Yogurt Bran Muffin (pre-prepared) Farina Apple Juice Banana Milk, low fat, 1% Butter	17 Farmers Market Individual Omelets Toasted Oats Cereal Whole Wheat Mini Bagel Fruit Cocktail Orange Juice Milk, low fat, 1% Butter
20 Hard Boiled Egg (2) Mini Croissant Oatmeal (1/2 cup) Banana Orange Juice Milk, low fat, 1% Butter	21 Pancakes (pre-prepared) Turkey Sausage Link Bran Flakes Cereal Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup	22 Yogurt non-fat Blueberry Muffin (pre-prepared) Toasted Oats Cereal Banana Orange Juice Milk, low fat, 1% Butter	23 Egg Frittata with Potatoes and Peas Oatmeal (1/2 cup) Whole Wheat Mini Bagel Apple Juice Fruit Cocktail Milk, low fat, 1% Butter	24 Center Closed for Christmas Observation
27 French Toast (pre-prepared) Pork Sausage Link Bran Flakes Cereal Apple Orange Juice Milk, low fat, 1% Pancake Syrup	28 Baked Potato Cheddar Cheese Sautéed Onions and Peppers Toasted Oats Cereal Apple Juice Sliced Canned Peaches Milk, low fat, 1%	29 Scrambled Eggs Home Fries with Peppers and Onions Whole Wheat Mini Bagel Fruit Cocktail Pineapple Juice Milk, low fat, 1% Butter	30 Ham and Cheese Frittata Bran Muffin (pre-prepared) Raisin Bran Cereal Apple Orange Juice Milk, low fat, 1% Butter	31 Center Closed for New Year Observation

Sirovich Center for Balanced Living – LUNCH MENU DECEMBER 2021

Grab and Go Options Only from 12/2 to 12/16, 1st Come 1st Serve 12pm-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			2 Chicken Alfredo Penne Whole Wheat Dinner Roll Baby Spinach Salad Banana Milk, low fat, 1%	3 Citrus Sesame Crusted Salmon Yellow Rice Asian Cabbage Canned Mandarin Oranges Milk, low fat, 1%
6 Vegetarian Chili Brown Rice (1/2 cup) Cornbread Steamed Cauliflower Fruit Cocktail Milk, low fat, 1%	7 Baked Mushroom Chicken Whole Wheat Dinner Roll Carrots Instant Mashed Potatoes Orange Milk, low fat, 1%	8 Whole Wheat Pasta Primavera with Cheese Garlic Bread Mixed Green Salad Banana Milk, low fat, 1%	9 Hamburgers Hamburger Bun, Whole Wheat Baked Red Potato Wedges Beet, Arugula and Feta Salad Apple Milk, low fat, 1%	10 Spanish Style Baked Cod Black Beans and Rice Broccoli and Red Peppers Pear Milk, low fat, 1%
13 Tuna Fish Salad Whole Wheat Mini Bagel Cabbage Carrot Slaw Lettuce and Tomato Apple Milk, low fat, 1%	14 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Broccoli with Toasted Garlic Banana Milk, low fat, 1%	15 Pork Tenderloin with Zesty Cilantro Sauce Whole Wheat Dinner Roll Baby Carrots with Parsley Black Beans and Rice Canned Mandarin Oranges Milk, low fat, 1%	16 Baked Chicken Quarters Cornbread Baked Potatoes Braised Collard Greens Fruit Cocktail Milk, low fat, 1%	17 Special Menu for Holiday Celebration
20 Breaded Fish Fillet (pre-prepared) Orzo with Vegetables Baked Sweet Potato Orange Milk, low fat, 1%	21 Whole Wheat Vegetable Lasagna Whole Wheat Dinner Roll Zucchini with Onions and Peppers Pear Milk, low fat, 1%	22 Vegetable Biryani with Chickpeas Okra Fruit Cocktail Milk, low fat, 1%	23 Chicken Alfredo Penne Whole Wheat Dinner Roll Baby Spinach Salad Banana Milk, low fat, 1%	24 Center Closed for Christmas Observation
27 Vegetarian Chili Brown Rice (1/2 cup) Cornbread Steamed Cauliflower Fruit Cocktail Milk, low fat, 1%	28 Baked Mushroom Chicken Whole Wheat Dinner Roll Carrots Instant Mashed Potatoes Orange Milk, low fat, 1%	29 Whole Wheat Pasta Primavera with Cheese Garlic Bread Mixed Green Salad Banana Milk, low fat, 1%	30 Hamburgers Hamburger Bun, Whole Wheat Baked Red Potato Wedges Beet, Arugula and Feta Salad Apple Milk, low fat, 1%	31 Center Closed for New Year Observation