

**Sirovich Center for Balance Living**  
**Breakfast MENU January 2022**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>3  Pork Breakfast Sausage Patty  Waffles (Pre-Prepared)  Bran Flakes Cereal  Orange  Pineapple Juice  Milk, low fat, 1%  Pancake Syrup</p>	<p>4  Hard Boiled Egg (2)  Toasted Oats Cereal  Whole Wheat Blueberry Muffins  Apple  Orange Pineapple Juice  Milk, low fat, 1%  Butter</p>	<p>5  French Toast (pre-prepared)  Turkey Sausage Patty  Oatmeal (1/2 cup)  Orange Juice  Pear  Milk, low fat, 1%  Pancake Syrup</p>	<p>6  Coconut Granola 1/4 cup  Plain Yogurt  Bran Muffin (pre-prepared)  Farina  Apple Juice  Banana  Milk, low fat, 1%  Butter</p>	<p>7  Farmers Market Individual Omelets  Toasted Oats Cereal  Whole Wheat Mini Bagel  Fruit Cocktail  Orange Juice  Milk, low fat, 1%  Butter</p>
<p>10  Hard Boiled Egg (2)  Bran Flakes Cereal  Mini Croissant  Banana  Orange Juice  Milk, low fat, 1%  Butter</p>	<p>11  Pancakes (pre-prepared)  Turkey Sausage Link  Bran Flakes Cereal  Orange  Pineapple Juice  Milk, low fat, 1%  Pancake Syrup</p>	<p>12  Milk, low fat, 1%  Butter  Yogurt non-fat  Blueberry Muffin (pre-prepared)  Bran Flakes Cereal  Banana  Orange Juice</p>	<p>13  Egg Frittata with Potatoes and Peas  Oatmeal (1 cup)  Whole Wheat Mini Bagel  Apple Juice  Fruit Cocktail  Milk, low fat, 1%  Butter</p>	<p>14  Pork Breakfast Sausage Patty  Waffles (Pre-Prepared)  Raisin Bran Cereal  Apple  Orange Pineapple Juice  Milk, low fat, 1%  Pancake Syrup</p>
<p>17  French Toast (pre-prepared)  Pork Sausage Link  Bran Flakes Cereal  Apple  Orange Juice  Milk, low fat, 1%  Pancake Syrup</p>	<p>18  Scrambled Eggs  Home Fries with Peppers and Onions  Whole Wheat Mini Bagel  Fruit Cocktail  Pineapple Juice  Milk, low fat, 1%  Butter</p>	<p>19  Baked Potatoes  Cheddar Cheese  Toasted Oats Cereal  Apple Juice  Sliced Canned Peaches  Milk, low fat, 1%</p>	<p>20  Ham and Cheese Frittata  Bran Muffin (pre-prepared)  Raisin Bran Cereal  Apple  Orange Juice  Milk, low fat, 1%  Butter</p>	<p>21  Pancakes (pre-prepared)  Turkey Sausage Link  Oatmeal (1/2 cup)  Banana  Grape Juice, Unsweetened  Milk, low fat, 1%  Pancake Syrup</p>
<p>24  Pork Breakfast Sausage Patty  Waffles (Pre-Prepared)  Bran Flakes Cereal  Orange  Pineapple Juice  Milk, low fat, 1%  Pancake Syrup</p>	<p>25  Hard Boiled Egg (2)  Toasted Oats Cereal  Whole Wheat Blueberry Muffins  Apple  Orange Pineapple Juice  Milk, low fat, 1%  Butter</p>	<p>26  French Toast (pre-prepared)  Turkey Sausage Patty  Oatmeal (1/2 cup)  Orange Juice  Pear  Milk, low fat, 1%  Pancake Syrup</p>	<p>27  Coconut Granola 1/4 cup  Plain Yogurt  Bran Muffin (pre-prepared)  Farina  Apple Juice  Banana  Milk, low fat, 1%  Butter</p>	<p>28  Farmers Market Individual Omelets  Toasted Oats Cereal  Whole Wheat Mini Bagel  Fruit Cocktail  Orange Juice  Milk, low fat, 1%  Butter</p>
<p>31  Hard Boiled Egg (2)  Mini Croissant  Oatmeal (1/2 cup)  Banana  Orange Juice  Milk, low fat, 1%  Butter</p>				

**Sirovich Center for Balance Living**  
**LUNCH MENU January 2022**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>3 Tuna Fish Salad Whole Wheat Mini Bagel Cabbage Carrot Slaw Lettuce and Tomato Apple Milk, low fat, 1%</p>	<p>4 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Broccoli with Toasted Garlic Banana Milk, low fat, 1%</p>	<p>5 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%</p>	<p>6 Baked Chicken Quarters Cornbread Baked Potatoes Braised Collard Greens Fruit Cocktail Milk, low fat, 1%</p>	<p>7 Apricot Glazed Salmon Brown Rice (1 cup) Chinese Style Steamed Cauliflower Orange Milk, low fat, 1%</p>
<p>10 Breaded Fish Fillet (pre-prepared) Orzo with Vegetables Baked Sweet Potato Orange Milk, low fat, 1%</p>	<p>11 Whole Wheat Vegetable Lasagna Whole Wheat Dinner Roll Zucchini with Onions and Peppers Pear Milk, low fat, 1%</p>	<p>12 Vegetable Biryani with Chickpeas Okra Fruit Cocktail Milk, low fat, 1%</p>	<p>13 Chicken Alfredo Penne Whole Wheat Dinner Roll Baby Spinach Salad Banana Milk, low fat, 1%</p>	<p>14 Citrus Sesame Crusted Salmon Yellow Rice Asian Cabbage Canned Mandarin Oranges Milk, low fat, 1%</p>
<p>17 Vegetarian Chili Brown Rice (1/2 cup) Cornbread Steamed Cauliflower Fruit Cocktail Milk, low fat, 1%</p>	<p>18 Baked Mushroom Chicken Whole Wheat Dinner Roll Carrots Instant Mashed Potatoes Orange Milk, low fat, 1%</p>	<p>19 Whole Wheat Pasta Primavera with Cheese Garlic Bread Mixed Green Salad Banana Milk, low fat, 1%</p>	<p>20 Hamburgers Hamburger Bun, Whole Wheat Baked Red Potato Wedges Beet, Arugula and Feta Salad Apple Milk, low fat, 1%</p>	<p>21 Spanish Style Baked Cod Black Beans and Rice Broccoli and Red Peppers Pear Milk, low fat, 1%</p>
<p>24 Tuna Fish Salad Whole Wheat Mini Bagel Cabbage Carrot Slaw Lettuce and Tomato Apple Milk, low fat, 1%</p>	<p>25 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Broccoli with Toasted Garlic Banana Milk, low fat, 1%</p>	<p>26 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%</p>	<p>27 Baked Chicken Quarters Cornbread Baked Potatoes Braised Collard Greens Fruit Cocktail Milk, low fat, 1%</p>	<p>28 Apricot Glazed Salmon Brown Rice (1 cup) Chinese Style Steamed Cauliflower Orange Milk, low fat, 1%</p>
<p>31 Breaded Fish Fillet (pre-prepared) Orzo with Vegetables Baked Sweet Potato Orange Milk, low fat, 1%</p>				

**SIROVICH CENTER FOR BALANCED LIVING**

**BREAKFAST MENU February 2022**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	1 Pancakes (pre-prepared) Turkey Sausage Link Bran Flakes Cereal Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup	2 Yogurt non-fat Blueberry Muffin (pre-prepared) Toasted Oats Cereal Banana Orange Juice Milk, low fat, 1% Butter	3 Egg Frittata with Potatoes and Peas Oatmeal (1/2 cup) Whole Wheat Mini Bagel Apple Juice Fruit Cocktail Milk, low fat, 1% Butter	4 Pork Breakfast Sausage Patty Waffles (Pre-Prepared) Raisin Bran Cereal Apple Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup
7 French Toast (pre-prepared) Pork Sausage Link Bran Flakes Cereal Apple Orange Juice Milk, low fat, 1% Pancake Syrup	8 Baked Potatoes Cheddar Cheese Sautéed Onions and Peppers Toasted Oats Cereal Apple Juice Sliced Canned Peaches Milk, low fat, 1%	9 Scrambled Eggs Home Fries with Peppers and Onions Whole Wheat Mini Bagel Fruit Cocktail Pineapple Juice Milk, low fat, 1% Butter	10 Ham and Cheese Frittata Bran Muffin (pre-prepared) Raisin Bran Cereal Apple Orange Juice Milk, low fat, 1% Butter	11 Pancakes (pre-prepared) Turkey Sausage Link Oatmeal (1/2 cup) Banana Grape Juice, Unsweetened Milk, low fat, 1% Pancake Syrup
14 Pork Breakfast Sausage Patty Waffles (Pre-Prepared) Bran Flakes Cereal Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup	15 Hard Boiled Egg (2) Toasted Oats Cereal Whole Wheat Blueberry Muffins Apple Orange Pineapple Juice Milk, low fat, 1% Butter	16 French Toast (pre-prepared) Turkey Sausage Patty Oatmeal (1/2 cup) Orange Juice Pear Milk, low fat, 1% Pancake Syrup	17 Coconut Granola 1/4 cup Plain Yogurt Bran Muffin (pre-prepared) Farina Apple Juice Banana Milk, low fat, 1% Butter	18 Farmers Market Individual Omelets Toasted Oats Cereal Whole Wheat Mini Bagel Fruit Cocktail Orange Juice Milk, low fat, 1% Butter
21 Hard Boiled Egg (2) Bran Flakes Cereal Mini Croissant Banana Orange Juice Milk, low fat, 1% Butter	22 Pancakes (pre-prepared) Turkey Sausage Link Bran Flakes Cereal Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup	23 Yogurt non-fat Blueberry Muffin (pre-prepared) Bran Flakes Cereal Banana Orange Juice Milk, low fat, 1% Butter	24 Egg Frittata with Potatoes and Peas Oatmeal (1 cup) Whole Wheat Mini Bagel Apple Juice Fruit Cocktail Milk, low fat, 1% Butter	25 Pork Breakfast Sausage Patty Waffles (Pre-Prepared) Raisin Bran Cereal Apple Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup
28 French Toast (pre-prepared) Pork Sausage Link Bran Flakes Cereal Apple Orange Juice Milk, low fat, 1% Pancake Syrup				

**Sirovich Center for Balance Living**  
**LUNCH MENU February 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Whole Wheat Vegetable Lasagna Whole Wheat Dinner Roll Zucchini with Onions and Peppers Pear Milk, low fat, 1%	2 Vegetable Biryani with Chickpeas Okra Fruit Cocktail Milk, low fat, 1%	3 Chicken Alfredo Penne Whole Wheat Dinner Roll Baby Spinach Salad Banana Milk, low fat, 1%	4 Citrus Sesame Crusted Salmon Yellow Rice Asian Cabbage Canned Mandarin Oranges Milk, low fat, 1%
7 <b>Indoor Dining Resume</b> Vegetarian Chili Brown Rice (1/2 cup) Cornbread Steamed Cauliflower Fruit Cocktail Milk, low fat, 1%	8 Baked Mushroom Chicken Whole Wheat Dinner Roll Carrots Instant Mashed Potatoes Orange Milk, low fat, 1%	9 Whole Wheat Pasta Primavera with Cheese Garlic Bread Mixed Green Salad Banana Milk, low fat, 1%	10 Hamburgers Hamburger Bun, Whole Wheat Baked Red Potato Wedges Beet, Arugula and Feta Salad Apple Milk, low fat, 1%	11 <b>Special Lunch for Lunar New Year Celebration, *Advance Purchase of Ticket Required.</b> Egg Drop Soup Shrimp Lo Mein Steamed Broccoli Veggie Spring Roll Lemon Tartlet Tangerine Milk
14 Tuna Fish Salad Whole Wheat Mini Bagel Cabbage Carrot Slaw Lettuce and Tomato Apple Milk, low fat, 1%	15 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Broccoli with Toasted Garlic Banana Milk, low fat, 1%	16 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%	17 Penne w/ Meatballs Sautéed Zucchini Mixed Green Salad Garlic Bread Milk, low fat, 1%	18 Apricot Glazed Salmon Brown Rice (1 cup) Chinese Style Steamed Cauliflower Orange Milk, low fat, 1%
21 Breaded Fish Fillet (pre-prepared) Orzo with Vegetables Baked Sweet Potato Orange Milk, low fat, 1%	22 Whole Wheat Vegetable Lasagna Whole Wheat Dinner Roll Zucchini with Onions and Peppers Pear Milk, low fat, 1%	23 Vegetable Biryani with Chickpeas Okra Fruit Cocktail Milk, low fat, 1%	24 Chicken Alfredo Penne Whole Wheat Dinner Roll Baby Spinach Salad Banana Milk, low fat, 1%	25 <b>Special Lunch Menu for Black History Month Celebration</b> <b>*Advance Purchase of Ticket Required.</b>
28 Vegetarian Chili Brown Rice (1/2 cup) Cornbread Steamed Cauliflower Fruit Cocktail Milk, low fat, 1%	<b>Indoor Dining Tickets Available at 11:30am -12:30pm in 2<sup>nd</sup> Fl, Dining Room</b> <b>Must finish eating by 12:45pm</b> <b>Grab and Go Meals from 1:15pm-1:45pm, outside of the building</b> <b>* For Special Lunches, Advance Purchase of Ticket is Required.</b> <b>Please look at our Programming Schedule for more information of when the tickets will be available.</b>			

