



WEINBERG CENTER FOR BALANCED LIVING **JUNE 2025 BREAKFAST MENU**



(BREAKFAST 9:00-9:45 AM ; TICKETING STARTS AT 8:45 AM)

Each Breakfast Meal Includes Fruit, Fruit Juice & 1% Low Fat Milk

The Weinberg Center for Balanced Living is funded in part by the New York City Department for the Aging. Please note that this menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 2 – COLD MEAL Cold Cereal Hard Boil Eggs Whole Wheat Bread	JUNE 3 – COLD MEAL Cold Cereal Fruit Salad Bagel w/ Cream Cheese	JUNE 4 Scrambled Eggs w/ Red Peppers & Onions Whole Wheat Bread Veggie "Bacon" Strips	JUNE 5 Cheerios Whole Wheat English Muffin BLT	JUNE 6 Coconut Banana Whole Wheat French Toast Veggie "Sausage" Link
9 Eggs Benedict with Veggie "Bacon" Plain English Muffin	10 Creamy Apple Raisin Oatmeal Veggie "Sausage" Patty	11 Cheerios Cinnamon Challah French Toast	12 Rice Congee with Fish Veggie "Sausage" Link Whole Wheat Bread	13 Hard Boiled Egg Home Fries with Peppers and Onions Veggie "Bacon" Strips Whole Wheat Bread
16 Veggie "Sausage" Link Whole Grain Belgian Waffle	17 Rice Congee with Fish Veggie "Bacon" Link Whole Wheat Bread	18 Home Fries Omelet with Spinach and Parmesan Cheese Whole Wheat Bread	19 – Center Closed The center is closed in observance of Juneteenth.	20 Apple Pancakes Veggie "Bacon" Strips
23 Maple Quinoa Oatmeal Porridge Veggie "Sausage" Link	24 Avocado & Orange Salad Veggie "Bacon" Strips Waffles	25 Blueberry Pancakes Veggie "Sausage" Patty	26 Omelets Home Fries Veggie "Bacon" Strips Wheat Whole Bread	27 Cinnamon Challah French Toast Veggie "Sausage" Link
30 Tropical Waffles w/Mangoes and Whipped Cream Veggie "Bacon" Strips				



WEINBERG CENTER FOR BALANCED LIVING **JUNE 2025 LUNCH MENU**



(LUNCH 12:00-12:45 PM ; TICKETING STARTS AT 8:45 AM)

Each Lunch Meal Includes Fruit & 1% Low Fat Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 2 – COLD MEAL Tuna Salad Whole Wheat Pita Bread Baby Spinach Salad	JUNE 3 – COLD MEAL Egg Salad Whole Wheat Bread Romaine Salad	JUNE 4 WW Penne w/Veggie "Sausage" & Vegetables, WW Bread Vegetables	JUNE 5 Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf Mixed Vegetables	JUNE 6 Breaded Fish Fillet Cumin Spiced Rice Potato, Cauliflower, and Pea Curry
9 Mango-licious Fish Rice with Pigeon Peas Adobo Spiced Cauliflower Zucchini and Carrots	10 – HAPPY BIRTHDAY Mozzarella Cheese Vegan Breaded Chicken Style Cutlet w/ WW Bun Lettuce & Tomato Italian Blend Vegetables	11 Baked Flounder Vegetable Lo Mein Steamed Spinach Egg Drop Soup	12 Baked Salmon w/ Lemon Herb Couscous Romaine, Kale, Pepper, Black Olive, and Feta Salad	13 – TAKE HOME LUNCH ONLY Tuna Salad Pita Bread Green Salad
16 WW Linguine w/ Veg Zucchini Bread Italian Vegetables White Bean Soup	17 Fish with Mushrooms, Peppers, Tomatoes Rice with Corn Tangy Green Beans	18 Tuna Salad Whole Wheat Pita Baby Spinach Salad w/ Lemon Vinaigrette	19 – Center Closed The center is closed in observance of Juneteenth.	20 Crispy Baked Eggplant Parmesan Hero Root Vegetable Trio
23 Root Vegetable Stew (Sancocho) Dominican Moro Corn Niblets Garden Salad	24 Minestrone Soup Spinach Tortellini with Ricotta and Kale Whole Wheat Bread Roasted Broccoli	25 Baked Fish w/ Lemon Garlic Butter Sauce Roasted Veg Couscous Whole Wheat Bread Israeli Salad	26 Pineapple Glazed Salmon Vegetable Lo Mein Whole Wheat Bread Baby Spinach Salad w/ Lemon Vinaigrette	27 Curried Jamaican Stew Perfect White Rice Papas Bravas
JUNE 30 Baked WW Penne w/ Veggies WW Bread Italian Blend Veggies				