



WEINBERG CENTER FOR BALANCED LIVING
APRIL 2026 BREAKFAST MENU



(BREAKFAST 9:00-9:45 AM; TICKETING STARTS AT 8:45 AM) Tel: 646-395-4270

Each Breakfast Meal Includes Fruit, Fruit Juice & 1% Low Fat Milk | 197 East Broadway NY NY 10002

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
		April 1 Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	2 Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	3 Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup
6 Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	7 Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	8 Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	9 Hard-boiled Egg Cheese, Matzah Yogurt, Fruit Cup	10 Cheerios WW English Muffin Scrambled Eggs
13 Rice Congee w/ Fish Veggie Sausage Link WW Bread	14 Coconut Banana WW French Toast Veggie Sausage Patty	15 Broccoli Cheddar Quiche Veggie Bacon Strips WW Bread	16 WW Cinnamon Pancakes Veggie Sausage Link	17 Cheerios Hard Boiled Egg WW Mini Bagel
20 Waffles w/ Mangoes & Whipped Cream Veggie Bacon Strips	21 Mini Croissant Rice Congee w/ Fish Veggie Sausage Link	22 Scrambled Eggs w/ Red Peppers & Onions Veggie Bacon Strips WW Bread	23 Cheerios WW English Muffin Veggie BLT	24 Coconut Banana WW French Toast Veggie Sausage Link
27 Eggs Benedict w/ Veggie Bacon English Muffin	28 Apple-Raisin Oatmeal Veggie Sausage Patty	29 Cheerios Cinnamon Challah French Toast	30 Rice Congee w/ Fish Veggie Sausage Link WW Bread	



WEINBERG CENTER FOR BALANCED LIVING

APRIL 2026 LUNCH MENU



(LUNCH 12:00-12:45 PM; TICKETING STARTS AT 8:45 AM) Tel: 646-395-4270

Each Lunch Meal Includes Fruit & 1% Low Fat Milk | 197 East Broadway NY NY 10002

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Monday	Tuesday	Wednesday	Thursday	Friday
		April 1 Chicken Cacciatore w/ Mashed Potatoes & Zucchini Matzah	2 Tuna w/ Tossed Salad & Potato Salad Matzah	3 Chicken Salad w/ Coleslaw & Cucumber Salad Matzah
6 Grilled Chicken w/ Roast Potatoes & Roasted Eggplant, Matzah	7 Filet of Sole w/ Potato Latkes & Carrots Matzah	8 Chicken Salad w/ Potato Salad & Chilled Grilled Vegetables, Matzah	9 Salmon Salad w/ Health Salad & Beets Matzah	10 Coconut Breaded Fish Rice & Red Beans Broccoli
13 Veggie Burger WW Burger Bun Sweet Potato Fries	14 Baked Branzino w/ Black Bean Sauce Mexican Rice Broccoli	15 Happy Birthday! Mushroom Barley Soup WW Tuna Sandwich Cabbage & Apple Slaw	16 Ginger & Lime Salmon Vermicelli Noodles & Cucumber Salad Vegetable Mix	17 Baked Breaded Flounder WW Lo Mein w/ Edamame Bok Choy
20 Veggie Burger w/ Cheese WW Burger Bun Sweet Potato Fries Vegetable Soup	21 Baked Branzino w/ Garlic Crumb Crust Vegetable Couscous Corn & Edamame Salad	22 Baked WW Penne w/ Veggie Sausage, Chard & Mushrooms, WW Bread Italian Blend Vegetables	23 Baked Salmon w/ Cilantro Citrus Sauce Brown Rice Pilaf Blend Vegetables	24 Breaded Flounder Filet Cumin Spiced Rice Potato, Cauliflower & Pea Curry
27 Vegan Breaded Chicken Style Cutlet, WW Burger Bun, Cheese Lettuce & Tomato Italian Blend Vegetables	28 Mango-licious Branzino Brown Rice w/ Pigeon Peas Spiced Cauliflower Zucchini & Carrots	29 Egg Drop Soup Baked Flounder Vegetable Lo Mein Steamed Cauliflower	30 Baked Salmon w/ Lemon, Tarragon & Thyme Cous Cous Romaine, Kale, Pepper & Black Olive Salad	