



WEINBERG CENTER FOR BALANCED LIVING
MAY 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
				May 1 Hard Boiled Egg Home Fries w/ Peppers & Onions Veggie Bacon Strips
4 Veggie Sausage Link Whole Grain Belgian Waffle	5 Rice Congee w/ Fish Veggie Bacon Strips WW Bread	6 Home Fries Omelet w/ Spinach & Parmesan Cheese WW Bread	7 Mangu w/ Onions Scrambled Eggs Veggie Sausage Patty WW Bread	8 Take Home Only Pancakes Veggie Sausage Link Syrup
11 Maple Quinoa Oatmeal Porridge Veggie Sausage Link	12 Waffles Avocado & Orange Salad Veggie Bacon Strips	13 Blueberry Pancakes Veggie Sausage Patty	14 Omelet Home Fries Veggie Bacon Strips WW Bread	15 Cinnamon Challah French Toast Veggie Sausage Link
18 Omelet w/ Peppers & Onions WW English Muffin Veggie Bacon Strips	19 Rice Congee w/ Fish Veggie Sausage Link WW Bread	20 Coconut Banana WW French Toast Veggie Bacon Strips	21 Oatmeal Veggie Sausage Link WW Bread	22 Cheerios Hard Boiled Egg Whole Wheat Bagel
25 Center Closed for Memorial Day	26 French Toast Veggie Sausage Patty	27 Broccoli Cheddar Quiche Veggie Bacon Strips WW Bread	28 Veggie Sausage Link WW Cinnamon Pancakes	29 Cheerios Hard Boiled Egg WW Mini Bagel



WEINBERG CENTER FOR BALANCED LIVING MAY 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
				May 1 Soft WW Tacos w/ Black Beans & Veggies Cumin Spiced Rice Mixed Vegetables
4 WW Linguine w/ Mixed Vegetables Zucchini Bread Spinach Salad	5 Fish w/ Mushrooms, Peppers & Tomatoes Rice w/ Corn Tangy Green Beans	6 White Bean Soup Tuna Salad, WW Pita Baby Spinach Salad w/ Lemon Vinaigrette	7 Korean BBQ Salmon WW Lo Mein w/ Edamame Broccoli w/ Toasted Garlic	8 Take Home Only Egg Salad Green Salad WW Bread
11 Sancocho Rice w/ Beans (Moro) Corn Garden Salad	12 Happy Birthday! Baked Fish w/ Lemon Garlic Butter Sauce Vegetable Lo Mein Israeli Salad	13 Minestrone Soup Spinach Tortellini w/ Ricotta & Kale WW Bread, Broccoli	14 Pineapple Glazed Salmon Vegetable Couscous Baby Spinach Salad w/ Lemon Vinaigrette	15 Baked Eggplant Parmesan Sandwich on WW Bread Root Vegetable Trio
18 Black Bean & Sweet Potato Chili Cilantro Lime Rice Roasted Cauliflower	19 Spanish Style Baked Fish Brown Rice & Beans Mixed Vegetables w/ Garlic	20 Butternut Squash Soup Black Bean Tacos w/ Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	21 Sweet & Sour Salmon Fried Brown Rice Stir Fried Vegetables	22 Tuna Salad Green Salad WW Bread
25 Center Closed for Memorial Day	26 Veggie Burger WW Burger Bun Sweet Potato Fries	27 Mushroom Barley Soup Tuna Salad WW Bread Cabbage & Apple Slaw	28 Ginger & Lime Salmon Cucumber & Vermicelli Noodle Salad Mixed Vegetables	29 Baked Fish w/ Black Bean Sauce Mexican Rice Broccoli