



## WEINBERG CENTER FOR BALANCED LIVING JUNE 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
<b>June 1</b> Waffles w/ Mango & Whipped Cream Veggie Bacon Strips	<b>2</b> Mini Croissant Rice Congee w/ Fish Veggie Sausage Link	<b>3</b> Scrambled Eggs w/ Red Peppers & Onions Veggie Bacon Strips WW Bread	<b>4</b> Cheerios WW English Muffin Veggie BLT	<b>5</b> Coconut Banana WW French Toast Veggie Sausage Link
<b>8</b> Eggs Benedict w/ Veggie Bacon English Muffin	<b>9</b> Apple-Raisin Oatmeal Veggie Sausage Patty	<b>10</b> Cheerios Cinnamon Challah French Toast	<b>11</b> Rice Congee w/ Fish Veggie Sausage Link WW Bread	<b>12</b> Hard Boiled Egg Home Fries w/ Peppers & Onions Veggie Bacon Strips WW Bread
<b>15</b> Veggie Sausage Link Whole Grain Belgian Waffle	<b>16</b> Rice Congee w/ Fish Veggie Bacon Strips WW Bread	<b>17</b> Home Fries Omelet w/ Spinach & Parmesan Cheese WW Bread	<b>18</b> Mangu w/ Onions Scrambled Eggs Veggie Sausage Patty WW Bread	<b>19</b> <b>Center Closed for Juneteenth</b>
<b>22</b> Maple Quinoa Oatmeal Porridge Veggie Sausage Link	<b>23</b> Avocado & Orange Salad Veggie Bacon Strips Waffles	<b>24 Take Home Only</b> Pancakes Veggie Sausage Patty Syrup	<b>25</b> Omelets Home Fries Veggie Bacon Strips WW Bread	<b>26</b> Cinnamon Challah French Toast Veggie Sausage Link
<b>29</b> Omelet w/ Peppers & Onions WW English Muffin Veggie Bacon Strips	<b>30</b> Rice Congee w/ Fish Veggie Sausage Link WW Bread			



# WEINBERG CENTER FOR BALANCED LIVING

## JUNE 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
<b>June 1</b> Veggie Burger w/ Cheese WW Burger Bun Sweet Potato Fries Vegetable Soup	<b>2</b> Baked Branzino w/ Garlic Crumb Crust Vegetable Couscous Corn & Edamame Salad	<b>3</b> Baked WW Penne w/ Veggie Sausage, Chard & Mushrooms WW Bread Italian Blend Vegetables	<b>4</b> Baked Salmon w/ Cilantro Citrus Sauce Brown Rice Pilaf Mixed Vegetables	<b>5</b> Breaded Flounder Filet Cumin Spiced Rice Potato, Cauliflower & Pea Curry
<b>8</b> Soft WW Tacos w/ Black Beans & Veggies Cumin Spiced Rice Spiced Mixed Vegetables	<b>9 Happy Birthday!</b> WW Linguine w/ Marinara, Asparagus & Peas Zucchini Bread Spinach Salad	<b>10</b> Egg Drop Soup Baked Flounder Vegetable Lo Mein Steamed Cauliflower	<b>11 Catered Luncheon for Pride Month</b> Barbeque Chicken Vegetables, Green Salad, Rice Rainbow Cookies	<b>12</b> Mango-licious Branzino Brown Rice w/ Pigeon Peas Cauliflower, Zucchini & Carrots
<b>15</b> Vegan Breaded Chicken Style Cutlet w/ Cheese WW Burger Bun Lettuce & Tomato Italian Blend Vegetables	<b>16</b> Branzino w/ Mushrooms, Peppers & Tomatoes Rice with Corn Tangy Green Beans	<b>17</b> White Bean Soup Tuna Salad, WW Pita Spinach Salad w/ Lemon Vinaigrette	<b>18</b> Korean BBQ Salmon WW Lo Mein w/ Edamame Broccoli w/ Toasted Garlic	<b>19</b> <b>Center Closed for            Juneteenth</b>
<b>22</b> Sancocho Rice w/ Black Beans (Moro) Corn, Garden Salad	<b>23</b> Baked Branzino w/ Lemon Garlic Butter Sauce Vegetable Lo Mein Israeli Salad	<b>24 Take Home Only</b> Egg Salad WW Pita Bread Green Salad	<b>25</b> Pineapple Glazed Salmon Vegetable Couscous Spinach Salad w/ Lemon Vinaigrette	<b>26</b> Baked Eggplant Parmesan Sandwich on WW Bread Root Vegetable Trio
<b>29</b> Smokey Black Bean & Sweet Potato Chili Cilantro Lime Rice Roasted Cauliflower	<b>30</b> Spanish Baked Branzino Spanish Brown Rice & Beans Mixed Vegetables w/ Garlic			