



WEINBERG CENTER FOR BALANCED LIVING **JULY 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
June 29 Egg Frittata w/ Potatoes & Peas WW Bagel Veggie Sausage Patty	June 30 Cheerios Scrambled Eggs WW Bread	July 1 WW English Muffin Western Omelet Roasted Sweet Potato Hash	2 Rice Congee w/ Fish WW Bread	3 Center Closed for Independence Day
6 Egg a la Mexicana WW Bread Veggie Sausage Patty	7 Whole Grain Belgian Waffle WW Bread Maple Flavored Veggie Sausage Patty	8 Blueberry Blintzes Veggie Sausage Patty	9 Eggs Benedict w/ Veggie Bacon WW English Muffin Roasted Sweet Potato Hash	10 Cheerios Cinnamon Challah French Toast
13 Cheerios Mini Croissant Yogurt Parfait w/ Blueberries	14 Blueberry Pancakes Veggie Sausage Patty	15 Spanish Frittata WW Bread Maple Flavored Veggie Sausage Patty	16 Cinnamon Challah French Toast Veggie Sausage Patty	17 Scrambled Eggs w/ Red Peppers & Onions WW Bread Maple Flavored Veggie Sausage Patty
20 Creamy Apple-Raisin Oatmeal WW Bagel Veggie Sausage Patty	21 Egg a la Mexicana Multigrain Bread Sweet & Spicy Vegan Chorizo	22 Cinnamon Challah French Toast Pancake Syrup, WW Bread Maple Flavored Veggie Sausage Patty	23 Challah Bread Rice Congee Veggie Sausage Patty	24 Pancakes Pancake Syrup Sweet & Spicy Vegan Chorizo
27 Homemade Waffles Pancake Syrup Veggie Sausage Patty	28 Blueberry Pancakes Pancake Syrup Sweet & Spicy Vegan Chorizo	29 Omelet w/ Peppers & Onions WW Bagel Home Fries	30 Cinnamon Challah French Toast Coconut Granola Sweet & Spicy Vegan Chorizo	31 Creamy Apple-Raisin Oatmeal WW Bread Veggie Sausage Patty



WEINBERG CENTER FOR BALANCED LIVING

JULY 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
June 29 Veggie Burger on WW Bun Cheese, Lettuce, Tomato French Fries	June 30 Coconut Breaded Fish Vermicelli Noodles Broccoli w/ Toasted Garlic	July 1 Fish w/ Fresh Salsa Relish Fried Brown Rice California Blend Vegetables	2 Independence Day Catered Luncheon Beef Hamburgers Vegetables, Potato Salad Dessert	3 Center Closed for Independence Day
6 Plant-Based Jamaican Oxtail Stew, Coconut Rice WW Bread Spinach Salad w/ Black Beans & Lemon Vinaigrette	7 White Fish w/ Cilantro Chinese Style Vermicelli Noodles, WW Bread Broccoli w/ Toasted Garlic	8 Spinach & White Bean Soup Tuna Salad WW Bread Mixed Green Salad w/ Black Beans & Dressing	9 Korean BBQ Salmon Cilantro Lime Rice WW Bread California Blend Vegetables	10 Homemade Coconut Breaded Fish, WW Bread Baked Macaroni & Cheese Vegetable Mix
13 Puerto Rican "Chicken" Stew (vegetarian) Rice & Beans Mixed Vegetables	14 – Happy Birthday! Lemon Garlic Baked Fish Quinoa w/ Kale & Carrots WW Bread Roasted Root Vegetables	15 Baked WW Penne w/ Veggie Sausage, Chard & Mushrooms Garlic Bread Spinach Salad w/ Chickpeas & Lemon Vinaigrette	16 – Take Home Only <i>Egg Salad</i> <i>WW Pita Bread</i> <i>Arugula Salad w/ Roasted Beets, Carrots & Chickpeas</i>	17 Homemade Breaded Fish Bowtie Pasta w/ Kasha WW Bread California Blend Vegetables
20 Plant-Based Jamaican Oxtail Stew, Coconut Rice WW Bread Caribbean Coleslaw	21 Baked Fish w/ Lemon Garlic Butter Sauce, Cilantro Lime Rice, WW Bread Baby Carrots & Parsley	22 California Veggie Burger WW Burger Bun Roasted Spiced Sweet Potato Fries	23 Baked Salmon w/ Cilantro Citrus Sauce, Vegetable Couscous, Beets, Arugula & Feta Salad	24 Brazilian Fish Stew White Rice WW Bread
27 Baked Falafel Caribbean Rice & Red Beans Braised Cabbage w/ Apples	28 Baked Sundried Tomato Fish, Vegetable Couscous Corn & Edamame Fusion Salad	29 Homemade Coconut Breaded Fish Confetti Brown Rice Capri Blend Vegetables	30 Korean BBQ Salmon Vegetable Lo Mein Broccoli w/ Toasted Garlic	31 WW Tuna Salad Sandwich "Chicken" Noodle Soup Arugula Salad w/ Roasted Beets, Carrots & Chickpeas