



WEINBERG CENTER FOR BALANCED LIVING **AUGUST 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
August 3 Baked Banana Walnut Oatmeal WW Bread Veggie Sausage Patty	4 WW English Muffin Veggie BLT Avocado & Orange Salad	5 3-Cheese Egg Bites WW Bagel Veggie Sausage Patty	6 Challah Bread Cinnamon Challah French Toast, Sweet & Spicy Vegan Chorizo	7 Eggs Benedict w/ Veggie Bacon Mini Croissant
10 Egg Frittata w/ Potatoes & Peas WW Bagel Veggie Sausage Patty	11 Cheerios Scrambled Eggs WW Bread	12 WW English Muffin Vegetarian Western Omelet Roasted Sweet Potato Hash	13 Rice Congee w/ Fish WW Bread	14 Cheerios Waffles Berry Sauce
17 Egg a la Mexicana WW Bread Veggie Sausage Patty	18 Whole Grain Belgian Waffle WW Bread Veggie Sausage Patty	19 Blueberry Blintzes Veggie Sausage Patty	20 Eggs Benedict w/ Veggie Bacon WW English Muffin Roasted Sweet Potato Hash	21 Cheerios Cinnamon Challah French Toast
24 Take Home Only Cheerios Croissant Veggie Sausage	25 Blueberry Pancakes Veggie Sausage Patty	26 Spanish Frittata WW Bread Veggie Sausage Patty	27 Cinnamon Challah French Toast Veggie Sausage Patty	28 Scrambled Eggs w/ Red Peppers & Onions Veggie Sausage Patty WW Bread
31 Creamy Apple-Raisin Oatmeal WW Bagel Veggie Sausage Patty	September 1 Egg a la Mexicana Multigrain Bread Sweet & Spicy Vegan Chorizo	2 Cinnamon Challah French Toast Pancake Syrup WW Bread Veggie Sausage Patty	3 Challah Bread Rice Congee Veggie Sausage Patty	4 Pancake Syrup Pancakes Sweet & Spicy Vegan Chorizo



WEINBERG CENTER FOR BALANCED LIVING **AUGUST 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
August 3 California Veggie Burger WW Burger Bun Italian Blend Vegetables	4 Take Home Only Tuna Salad WW Bread Broccoli	5 Tuna Salad Curried Lentil Soup WW Bread Broccoli	6 Baked Salmon w/ Cilantro Citrus Sauce Couscous w/ Peas & Lemon Charred Orange Broccoli	7 Brazilian Fish Stew White Rice WW Bread California Blend Vegetables
10 California Veggie Burger Cheddar Cheese Slice WW Burger Bun French Fries	11 Happy Birthday! Coconut Breaded Fish Chinese Style Vermicelli Noodles Broccoli w/ Toasted Garlic	12 Fish w/ Fresh Salsa Relish Fried Brown Rice California Blend Vegetables	13 Baked Salmon w/ Cilantro Citrus Sauce WW Lo Mein w/ Edamame Oriental Blend Vegetables	14 Puerto Rican Chicken Stew (Vegetarian) Rice & Gungo Peas Italian Blend Vegetables
17 Plant-Based Jamaican Oxtail Stew Coconut Rice Cauliflower	18 White Fish w/ Cilantro Vermicelli Noodles WW Bread Broccoli w/ Toasted Garlic	19 Spinach & White Bean Soup Tuna Salad, WW Bread Italian Blend Vegetables	20 Korean BBQ Salmon Cilantro Lime Rice WW Bread California Blend Vegetables	21 Coconut Breaded Fish WW Bread Baked Macaroni & Cheese Vegetable Mix (non-starchy)
24 Take Home Only Tuna Salad WW Bread Broccoli	25 Lemon Garlic Baked Fish Quinoa w/ Kale & Carrots WW Bread Roasted Root Vegetables	26 Baked WW Penne w/ Veggie Sausage, Chard, & Mushrooms Garlic Bread Broccoli	27 Jerk Salmon Black Beans & Rice WW Bread Citrus Spiced Green Beans & Carrots	28 Breaded Fish Bowtie Pasta w/ Kasha WW Bread California Blend Vegetables
31 Plant-Based Jamaican Oxtail Stew Broccoli Coconut Rice WW Bread	September 1 Baked Fish w/ Lemon Garlic Butter Sauce WW Bread Cilantro Lime Rice Baby Carrots & Parsley	2 California Veggie Burger WW Burger Bun Roasted Sweet Potato Fries	3 Baked Salmon w/ Cilantro Citrus Sauce Cauliflower	4 Brazilian Fish Stew White Rice WW Bread