WEINBERG CENTER FOR BALANCED LIVING

September 2026 Breakfast Menu

(BREAKFAST 9:00-9:45 AM; 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

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
31 Creamy Apple-Raisin Oatmeal WW Bagel Veggie Sausage Patty	1 Egg a la Mexicana, WW Bread Sweet and Spicy Vegan Chorizo	2 Cinnamon Challah French Toast, Pancake Syrup Veggie Sausage Patty	3 Challah Bread Rice Congee Veggie Sausage Patty	4 Pancake Syrup Pancakes Sweet and Spicy Vegan Chorizo
7 **Center Closed for Labor Day**	8 Blueberry Pancakes Pancake Syrup Sweet and Spicy Vegan Chorizo	9 Omelette with Peppers and Onions WW Bagel Home Fries	10 Cinnamon Challah French Toast, Coconut Granola, Sweet and Spicy Vegan Chorizo	11 **Center Closed for Rosh Hashanah**
14 Baked Banana Oatmeal, WW Bread Veggie Sausage Patty	15 **Take Home Only** Pancakes Veggie Sausage	16 3-Cheese Egg Bites WW Bagel Veggie Sausage Patty	17 Cinnamon Challah French Toast Sweet and Spicy Vegan Chorizo	18 Eggs Benedict with Veggie Bacon Mini Croissant
21 **Center Closed for Yom Kippur**	22 Cheerios Scrambled Eggs WW Bread	23 WW English Muffin Vegetarian Western Omelette Roasted Sweet Potato Hash	24 Rice Congee with Fish WW Bread	25 Cheerios Waffles Berry Sauce
28 Egg a la Mexicana WW Bread Veggie Sausage Patty	29 Whole Grain Belgian Waffle Veggie Sausage Patty	30 Blueberry Blintzes Veggie Sausage Patty	1 Eggs Benedict with Veggie Bacon WW English Muffin Roasted Sweet Potato Hash	2 Cheerios Cinnamon Challah French Toast

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September 2026 Lunch Menu

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

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Monday	Tuesday	Wednesday	Thursday	Friday
31 Plant-Based Jamaican Oxtail Stew Coconut Rice Broccoli	1 Baked Branzino with Lemon Garlic Butter Sauce Cilantro Lime Rice Baby Carrots and Parsley	2 California Veggie Burger WW Hamburger Bun Roasted Spiced Sweet Potato Fries	3 Baked Salmon with Cilantro Citrus Sauce Roasted Vegetable Couscous Beet, Arugula, and Feta Salad	4 Brazilian Fish Stew White Rice
7 **Center Closed for Labor Day**	8 **Happy Birthday!** Coconut Breaded Fish Confetti Brown Rice Capri Blend Vegetables	9 Baked Sundried Tomato Branzino Roasted Vegetable Couscous Corn and Edamame Fusion Salad	10 Traditional Baked Falafel Caribbean Rice and Red Beans Braised Red Cabbage with Apples	11 **Center Closed for Rosh Hashanah**
14 California Veggie Burger WW Hamburger Bun Sweet Potato Fries	15 **Rosh Hashanah Luncheon - Tickets available starting on 9/8 at 11AM** Honey Glazed Chicken Potato Kugel Tzimmes, Honey Cake	16 Tuna Salad Curried Lentil Soup, WW Bread Israeli Salad	17 Baked Salmon with Cilantro Citrus Sauce Couscous with Peas and Lemon Charred Orange Broccoli	18 Brazilian Fish Stew White Rice Baby Spinach Salad with Lemon Vinaigrette
21 **Center Closed for Yom Kippur**	22 Coconut Breaded Fish Chinese Style Vermicelli Noodles Broccoli with Toasted Garlic	23 Branzino with Fresh Salsa Relish Fried Brown Rice California Blend Vegetables	24 Baked Salmon with Cilantro Citrus Sauce WW Lo Mein with Edamame Oriental Blend Vegetables	25 Puerto Rican Chicken Stew (Vegetarian) Rice and Gungo Peas Spinach, Apple and Red Onion Salad
28 Plant-Based Jamaican Oxtail Stew Coconut Rice Baby Spinach Salad with Black Beans and Lemon Vinaigrette	29 Asian Style Branzino with Cilantro Chinese Style Vermicelli Noodles Broccoli with Toasted Garlic	30 Homestyle Spinach and White Bean Soup Tuna Salad WW Bread Mixed Green Salad with Black Beans and Dressing	1 Korean BBQ Salmon Cilantro Lime Rice California Blend Vegetables	2 Coconut Breaded Fish Baked Macaroni and Cheese Vegetable Mix (non- starchy)