

WCBL October 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, 6th Floor

Monday	Tuesday	Wednesday	Thursday	Friday
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; Roasted Sweet Potato Hash	2 Cheerios; Cinnamon French Toast (Pre-prepared)
5 Cheerios; Mini Croissant; Yogurt Parfait with Blueberries	6 Cheerios; Cinnamon French Toast (Pre-prepared); Veggie Sausage Patty	7 Spanish Frittata; Whole Wheat Bread; Veggie Sausage Patty	8 Blueberry Pancakes; Veggie Sausage Patty	9 Scrambled Eggs with Red Peppers and Onions; Whole Wheat Bread; Veggie Sausage Patty
12 Creamy Apple-Raisin Oatmeal; Whole Wheat Bagel; Veggie Sausage Patty	13 Egg a la Mexicana; Whole Wheat Bread; Sweet and Spicy Vegan Chorizo	14 Cinnamon Challah French Toast; Pancake Syrup; Veggie Sausage Patty	15 Rice Congee with Fish; Whole Wheat Bread; Veggie Sausage Patty	16 Pancake Syrup; Pancakes; Sweet and Spicy Vegan Chorizo
19 Homemade Waffles; Pancake Syrup; Veggie Sausage Patty	20 Blueberry Pancakes; Pancake Syrup; Sweet and Spicy Vegan Chorizo	21 Omelette with Peppers and Onions; Whole Wheat Bagel; Home Fries	22 Creamy Apple-Raisin Oatmeal; Whole Wheat Bread; Veggie Sausage Patty	23 Cinnamon Challah French Toast; Granola; Sweet and Spicy Vegan Chorizo
26 Baked Banana Oatmeal; Whole Wheat Bread; Veggie Sausage Patty	27 Eggs Benedict with Veggie Bacon; Mini Croissant	28 3-Cheese Egg Bites; Whole Wheat Bagel; Veggie Sausage Patty	29 Whole Wheat English Muffin; Veggie BLT; Avocado and Orange Salad	30 Cinnamon Challah French Toast; Sweet and Spicy Vegan Chorizo

The Weinberg Center for Balanced Living is funded in part by the New York City Department for the Aging. This menu is subject to change.

WCBL October 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, 6th Floor

Monday	Tuesday	Wednesday	Thursday	Friday
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 Spinach + White Bean Soup; Tuna Salad; WW Bread; Mixed Green Salad with Black Beans and Dressing	1 Moon Festival Concert Salmon Bulgogi (Korean BBQ Salmon); Cilantro Lime Brown Rice; California Blend Vegetables	2 Homemade Coconut Breaded Fish; Baked Macaroni and Cheese; Vegetable Mix
5 Puerto Rican Seitan Stew; Rice and Beans;; Vegetable Mix	6 Lemon Garlic Baked Fish; Quinoa with Kale and Carrots; Roasted Root Vegetables	7 Whole Wheat Penne w/ Veggie Sausage, Chard, and Mushrooms; Classic Garlic Bread; Spinach Salad w/ Chickpeas and Lemon Vinaigrette	8 Jerk Salmon; Black Beans and Rice; Citrus Spiced Green Beans and Carrots	9 Homemade Breaded Fish; Bowtie Pasta with Kasha; California Blend Vegetables
12 Plant-Based Jamaican Oxtail Stew; Coconut Rice; Caribbean Coleslaw	13 Happy Birthday! Baked Fish with Lemon Garlic Butter Sauce; Cilantro Lime Rice; Baby Carrots and Parsley	14 California Veggie Burger; Whole Wheat Hamburger Bun; Roasted Spiced Sweet Potato Fries	15 Baked Salmon with Cilantro Citrus Sauce; Roasted Vegetable Couscous; Beet, Arugula, and Feta Salad	16 Brazilian Fish Stew; Perfect White Rice; Whole Wheat Bread
19 Traditional Baked Falafel; Caribbean Rice and Red Beans; Braised Red Cabbage with Apples	20 Baked Sundried Tomato Fish; Roasted Vegetable Couscous; Corn and Edamame Fusion Salad	21 Homemade Coconut Breaded Fish; Confetti Brown Rice; Capri Blend Vegetables	22 Salmon Bulgogi (Korean BBQ Salmon); Vegetable Lo Mein; Broccoli with Toasted Garlic	23 Whole Wheat Tuna Salad Sandwich; Seitan Noodle Soup; Arugula Salad with Roasted Beets Carrots and Chickpeas
26 California Veggie Burger; Whole Wheat Hamburger Bun; Caesar Salad	27 Fish with Fresh Salsa Relish; Cilantro Lime Rice; Baby Carrots and Parsley	28 Tuna Salad; Curried Lentil Soup; Whole Wheat Bread; Israeli Salad	29 Baked Salmon with Cilantro Citrus Sauce; Couscous with Peas and Lemon; Charred Orange Broccoli	30 Brazilian Fish Stew; Perfect White Rice; Baby Spinach Salad with Lemon Vinaigrette

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