WCBL November 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
2 Egg Frittata with Potatoes and Peas; Whole Wheat Bagel; Veggie Sausage Patty	**3** Center Closed for Election Day	**4** English Muffin; Whole Wheat Vegetarian Western Omelette; Roasted Sweet Potato Hash	**5** Cheerios Waffles; Veggie Sausage Patty; Berry Sauce	**6** Rice Congee with Fish; Whole Wheat Bread
9 Egg a la Mexicana; Whole Wheat Bread; Veggie Sausage Patty	**10** Whole Grain Belgian Waffle; Veggie Sausage Patty	**11** Blueberry Blintzes; Veggie Sausage Patty	**12** Eggs Benedict with Veggie Bacon; Roasted Sweet Potato Hash	**13** Cheerios; Cinnamon Challah French Toast
16 Cheerios; Mini Croissant; Yogurt Parfait with Blueberries	**17** Cinnamon Challah French Toast; Veggie Sausage Patty	**18** Spanish Frittata; Whole Wheat Bread; Veggie Sausage Patty	**19** Blueberry Pancakes; Veggie Sausage Patty	**20** Scrambled Eggs with Red Peppers and Onions; Whole Wheat Bread; Veggie Sausage Patty
23 Creamy Apple-Raisin Oatmeal; Whole Wheat Bagel; Veggie Sausage Patty	**24** Take Home Only Pancakes; Veggie Sausage Patty	**25** Cinnamon Challah French Toast; Pancake Syrup; Veggie Sausage Patty	**26** Center Closed for Thanksgiving	**27** Center Closed for Thanksgiving
30 Homemade Waffles; Pancake Syrup; Veggie Sausage Patty	**1** Blueberry Pancakes; Pancake Syrup; Sweet and Spicy Vegan Chorizo	**2** Omelette with Peppers and Onions; Whole Wheat Bagel; Home Fries	**3** Creamy Apple-Raisin Oatmeal; Whole Wheat Bread; Veggie Sausage Patty	**4** Cinnamon Challah French Toast; Coconut Granola; 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 November 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
2 California Veggie Burger; Cheddar Cheese Slice; Whole Wheat Hamburger Bun; French Fries (preprepared); Lettuce and Tomato	**3** **Center Closed for Election Day**	**4** Fish with Fresh Salsa Relish; Fried Brown Rice; California Blend Vegetables	**5** Puerto Rican Seitan Stew; Rice and Gungo (Pigeon Peas); Spinach, Apple and Red Onion Salad	**6** Coconut Breaded Fish; Chinese Style Vermicelli Noodles; Broccoli with Toasted Garlic
9 Plant-Based Jamaican Oxtail Stew; Coconut Rice; Whole Wheat Bread; Baby Spinach Salad with Black Beans and Lemon Vinaigrette	**10** **Happy Birthday! Pre-lunch concert at 11:30** Asian Style White Fish with Cilantro; Chinese Style Vermicelli Noodles; Broccoli with Toasted Garlic	**11** Homestyle Spinach and White Bean Soup; Tuna Salad; Whole Wheat Bread; Mixed Green Salad with Black Beans and Dressing	**12** Korean BBQ Salmon; Cilantro Lime Brown Rice; California Blend Vegetables	**13** Homemade Coconut Breaded Fish; Baked Macaroni and Cheese; Vegetable Mix (nonstarchy)
16 Puerto Rican Seitan Stew; Rice and Beans; Whole Wheat Bread; Vegetable Mix (nonstarchy)	**17** Lemon Garlic Baked Fish; Quinoa with Kale and Carrots; Whole Wheat Bread; Roasted Root Vegetables	**18** Baked Whole Wheat Penne with Veggie Sausage, Chard, and Mushrooms; Classic Garlic Bread; Baby Spinach Salad with Chickpeas and Lemon Vinaigrette	**19** Jerk Salmon; Black Beans and Rice; Citrus Spiced Green Beans and Carrots	**20** Homemade Breaded Fish; Bowtie Pasta with Kasha; California Blend Vegetables
23 Plant-Based Jamaican Oxtail Stew; Coconut Rice; Whole Wheat Bread; Caribbean Coleslaw	**24** **Thanksgiving Luncheon(Tickets Available Beginning 11/16)** Turkey; Rice; Green Beans and Corn; Corn Bread; Salad; Pumpkin Pie	**25** California Veggie Burger; Whole Wheat Hamburger Bun; Roasted Spiced Sweet Potato Fries	**26** **Center Closed for Thanksgiving**	**27** **Center Closed for Thanksgiving**
30 Traditional Baked Falafel; Caribbean Rice and Red Beans; Braised Red Cabbage with Apples	**1** Baked Sundried Tomato Fish; Roasted Vegetable Couscous; Corn and Edamame Fusion Salad	**2** Homemade Coconut Breaded Fish; Confetti Brown Rice; Capri Blend Vegetables	**3** Korean BBQ Salmon; Vegetable Lo Mein; Broccoli with Toasted Garlic	**4** Whole Wheat Tuna Salad Sandwich; Seitan Noodle Soup; Arugula Salad with Roasted Beets, Carrots and Chickpeas

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.