

Lunch Menu April 2024

Dine in Lunch Only

CENTER ON THE SQ. | HOURS: 12 – 2 P.M.
HOT CONGREGATE MEAL HOURS AT WESTBETH | SATURDAY, 12:00 P.M. – 2:00 P.M.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Eggplant Parmesan with Creamy Cashew Ricotta</p> <p>Carrot Apple Raisin Salad</p>	<p>2 Beef Salisbury Steak with Mushroom Sauce, Baby Carrots with Parsley</p> <p>Vegetarian: Roasted Vegetable, Black Bean, and Corn Enchilada Casserole, Baby Carrots with Parsley</p>	<p>3 Pork Spare Ribs, Broccoli and Red Pepper Salad, Parmesan Rosemary Mashed Potatoes</p> <p>Vegetarian: New Orleans Style Sweet Potato Gumbo, Broccoli and Red Pepper Salad, Parmesan Rosemary Mashed Potatoes</p>	<p>4 BBQ Chicken Leg Quarters, Garden Salad, Roasted Broccoli</p> <p>Vegetarian: Latin Sweet Potato and Red Bean Chili, Garden Salad, Roasted Broccoli</p>	<p>5 Citrus Sesame Crusted Salmon, Broccoli and Red Peppers, Garden Salad</p> <p>Vegetarian: Eggplant and Lentil Curry Delight, Broccoli and Red Peppers, Garden Salad</p>	<p>6 Egg Salad, Potato Salad and Health Slaw</p>
<p>8 Homestyle Vegan Whole Grain Mac and Cheese, Mashed Sweet Potatoes w/ Marshmallows, Mixed Green Salad</p>	<p>9 Beef and Cheese Lasagna, Corn and Peas, Garden Salad</p> <p>Vegetarian: Baked Ziti with Cheese, Corn and Peas, Garden Salad</p>	<p>10 Baked White Fish w/ Garlic Crumb Crust, Baby Carrots w/ Parsley Broccoli & Red Pepper Salad</p> <p>Vegetarian: Chipotle Bean and Veggie Chili</p>	<p>11 General Tso's Chicken, Broccoli w/ Teriyaki Sauce Steamed Carrots & Green Beans</p> <p>Vegetarian: Grandma's Baked Eggplant Parmesan</p>	<p>12 Tuna Fish Salad, Steamed Carrots w/ Raisins</p> <p>Vegetarian: Whole Wheat Quesadillas w/ Cheddar, Black Beans, and Vegetables, Steamed Carrots w/ Raisins</p>	<p>13 Tuna Fish Salad, Basic Pasta Salad and Garden Salad.</p> <p>Vegetarian: Hummus, Basic Pasta Salad and Garden Salad</p>
<p>15 Eggplant Chickpea Tagine (Moroccan Eggplant and Chickpea Stew), Roasted Mushrooms</p>	<p>16 Turkey with Gravy, Sautéed Spinach, Apple and Red Onion Salad</p> <p>Vegetarian: Grandma's Baked Eggplant Parmesan</p>	<p>17 Baked Chicken Quarters, Broccoli & Red Pepper Salad Mixed Vegetables</p> <p>Vegetarian: Potato and Cheese Pierogibwith Sour Cream, Broccoli & Red Pepper, Salad Mix Veggies</p>	<p>18 Beef Salisbury Steak w/ Mushroom Sauce, Broccoli w/ Toasted Garlic</p> <p>Vegetarian: Whole Wheat American Cheese Sandwich</p>	<p>19 BBQ Chicken Breasts, Collard Greens with Tomato Mexican Corn Confetti Salad</p> <p>Vegetarian: Whole Wheat Penne with White Beans, Eggplant, and Tomatoes</p>	<p>20 Baked Salmon and Garden Salad.</p> <p>Vegetarian: Cheddar Cheese Slice, Hard boiled egg and Garden Salad</p>
<p>22 Curry Chickpea Stew, White rice and Mixed salad.</p>	<p>23 Deluxe Cheeseburger w/ Sautéed Green Peppers and Onions. Broccoli w/ Toasted Garlic.</p> <p>Vegetarian: Basil Quinoa Stuffed Peppers</p>	<p>24 SPRING LUNCHEON</p> <p>Chicken Breast w/ Mushrooms & Peppers. Sautéed Spinash & Tomatoes, Tanga Green Beans.</p> <p>Vegetarian: Veggie Lover Lasagna Alfredo</p>	<p>25 Baked Salmon, Mashed Sweet Potatoes, Steamed Spinach.</p> <p>Vegetarian: Vegetable Lasagna, Mashed Potatoes, Steamed Spinach.</p>	<p>26 BBQ Chicken Leg Quartes, Vegetable Mix (Non-Starchy).</p> <p>Vegetarian: Roasted Vegetable, Black Bean and Corn Enchilada Casserole. Vegetable Mix.</p>	<p>27 Tuna Fish Salad, Basic Pasta Salad and Garden Salad.</p> <p>Vegetarian: Hummus, Basic Pasta Salad and Garden Salad.</p>
<p>29 Southern Italian Tofu Parmigiana, Cucumber Dill Salad</p>	<p>31 Baked White Fish with Garlic Crumb Crust, California Blend Vegetables.</p> <p>Vegetarian: Traditional Whole Wheat Bean Burrito</p>				

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OUR LADY OF POMPEII | HOURS: 12 – 2 P.M.
HOT CONGREGATE MEAL HOURS AT WESTBETH | SATURDAY, 12:00 P.M. – 2:00 P.M.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Eggplant Parmesan with Creamy Cashew Ricotta</p> <p>Carrot Apple Raisin Salad</p>	<p>2 Beef Salisbury Steak with Mushroom Sauce, Baby Carrots with Parsley</p> <p>Vegetarian: Roasted Vegetable, Black Bean, and Corn Enchilada Casserole, Baby Carrots with Parsley</p>	<p>3 Pork Spare Ribs, Broccoli and Red Pepper Salad, Parmesan Rosemary Mashed Potatoes</p> <p>Vegetarian: New Orleans Style Sweet Potato Gumbo, Broccoli and Red Pepper Salad, Parmesan Rosemary Mashed Potatoes</p>	<p>4 BBQ Chicken Leg Quarters, Garden Salad, Roasted Broccoli</p> <p>Vegetarian: Latin Sweet Potato and Red Bean Chili, Garden Salad, Roasted Broccoli</p>	<p>5 Citrus Sesame Crusted Salmon, Broccoli and Red Peppers, Garden Salad</p> <p>Vegetarian: Eggplant and Lentil Curry Delight, Broccoli and Red Peppers, Garden Salad</p>	<p>6 Egg Salad, Potato Salad and Health Slaw</p>
<p>8 Homestyle Vegan Whole Grain Mac and Cheese, Mashed Sweet Potatoes w/ Marshmallows, Mixed Green Salad</p>	<p>9 Beef and Cheese Lasagna, Corn and Peas, Garden Salad</p> <p>Vegetarian: Baked Ziti with Cheese, Corn and Peas, Garden Salad</p>	<p>9 Baked White Fish w/ Garlic Crumb Crust, Baby Carrots w/ Parsley Broccoli & Red Pepper Salad</p> <p>Vegetarian: Chipotle Bean and Veggie Chili</p>	<p>10 General Tso's Chicken, Broccoli w/ Teriyaki Sauce Steamed Carrots & Green Beans</p> <p>Vegetarian: Grandma's Baked Eggplant Parmesan</p>	<p>11 Tuna Fish Salad, Steamed Carrots w/ Raisins</p> <p>Vegetarian: Whole Wheat Quesadillas w/ Cheddar, Black Beans, and Vegetables, Steamed Carrots w/ Raisins</p>	<p>12 Tuna Fish Salad, Basic Pasta Salad and Garden Salad.</p> <p>Vegetarian: Hummus, Basic Pasta Salad and Garden Salad</p>
<p>15 Eggplant Chickpea Tagine (Moroccan Eggplant and Chickpea Stew), Roasted Mushrooms</p>	<p>16 Turkey with Gravy, Sautéed Spinach, Apple and Red Onion Salad</p> <p>Vegetarian: Grandma's Baked Eggplant Parmesan</p>	<p>17 Baked Chicken Quarters, Broccoli & Red Pepper Salad Mixed Vegetables</p> <p>Vegetarian: Potato and Cheese Pierogibwith Sour Cream, Broccoli & Red Pepper, Salad Mix Veggies</p>	<p>18 Beef Salisbury Steak w/ Mushroom Sauce, Broccoli w/ Toasted Garlic</p> <p>Vegetarian: Whole Wheat American Cheese Sandwich</p>	<p>19 BBQ Chicken Breasts, Collard Greens with Tomato Mexican Corn Confetti Salad</p> <p>Vegetarian: Whole Wheat Penne with White Beans, Eggplant, and Tomatoes</p>	<p>20 Baked Salmon and Garden Salad.</p> <p>Vegetarian: Cheddar Cheese Slice, Hard boiled egg and Garden Salad</p>
<p>22 Curry Chickpea Stew, White rice and Mixed salad.</p>	<p>23 Deluxe Cheeseburger w/ Sautéed Green Peppers and Onions. Broccoli w/ Toasted Garlic.</p> <p>Vegetarian: Basil Quinoa Stuffed Peppers</p>	<p>24 Chicken Breast w/ Mushrooms & Peppers. Sautéed Spinash & Tomatoes, Tangy Green Beans.</p> <p>Vegetarian: Veggie Lover Lasagna Alfredo</p>	<p>25 SPRING LUNCHEON Baked Salmon, Mashed Sweet Potatoes, Steamed Spinach.</p> <p>Vegetarian: Vegetable Lasagna, Mashed Potatoes, Steamed Spinach.</p>	<p>26 BBQ Chicken Leg Quartes, Vegetable Mix (Non-Starchy).</p> <p>Vegetarian: Roasted Vegetable, Black Bean and Corn Enchilada Casserole. Vegetable Mix.</p>	<p>27 Tuna Fish Salad, Basic Pasta Salad and Garden Salad.</p> <p>Vegetarian: Hummus, Basic Pasta Salad and Garden Salad.</p>
<p>29 Southern Italian Tofu Parmigiana, Cucumber Dill Salad</p>	<p>31 Baked White Fish with Garlic Crumb Crust, California Blend Vegetables.</p> <p>Vegetarian: Traditional Whole Wheat Bean Burrito</p>				

Lunch Menu April 2024

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INDEPENDENCE PLAZA | HOURS: 12 – 2 P.M.
HOT CONGREGATE MEAL HOURS AT WESTBETH | SATURDAY, 12:00 P.M. – 2:00 P.M.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Eggplant Parmesan with Creamy Cashew Ricotta
Carrot Apple Raisin Salad

2 Beef Salisbury Steak with Mushroom Sauce, Baby Carrots with Parsley
Vegetarian: Roasted Vegetable, Black Bean, and Corn Enchilada Casserole, Baby Carrots with Parsley

3 Pork Spare Ribs, Broccoli and Red Pepper Salad, Parmesan Rosemary Mashed Potatoes
Vegetarian: New Orleans Style Sweet Potato Gumbo, Broccoli and Red Pepper Salad, Parmesan Rosemary Mashed Potatoes

4 BBQ Chicken Leg Quarters, Garden Salad, Roasted Broccoli
Vegetarian: Latin Sweet Potato and Red Bean Chili, Garden Salad, Roasted Broccoli

5 Citrus Sesame Crusted Salmon, Broccoli and Red Peppers, Garden Salad
Vegetarian: Eggplant and Lentil Curry Delight, Broccoli and Red Peppers, Garden Salad

6 Egg Salad, Potato Salad and Health Slaw

8 Homestyle Vegan Whole Grain Mac and Cheese, Mashed Sweet Potatoes w/ Marshmallows, Mixed Green Salad

9 Beef and Cheese Lasagna, Corn and Peas, Garden Salad
Vegetarian: Baked Ziti with Cheese, Corn and Peas, Garden Salad

10 Baked White Fish w/ Garlic Crumb Crust, Baby Carrots w/ Parsley Broccoli & Red Pepper Salad
Vegetarian: Chipotle Bean and Veggie Chili

11 General Tso's Chicken, Broccoli w/ Teriyaki Sauce Steamed Carrots & Green Beans
Vegetarian: Grandma's Baked Eggplant Parmesan

12 Tuna Fish Salad, Steamed Carrots w/ Raisins
Vegetarian: Whole Wheat Quesadillas w/ Cheddar, Black Beans, and Vegetables, Steamed Carrots w/ Raisins

13 Tuna Fish Salad, Basic Pasta Salad and Garden Salad.
Vegetarian: Hummus, Basic Pasta Salad and Garden Salad

15 Eggplant Chickpea Tagine (Moroccan Eggplant and Chickpea Stew), Roasted Mushrooms

16 Turkey with Gravy, Sautéed Spinach, Apple and Red Onion Salad
Vegetarian: Grandma's Baked Eggplant Parmesan

17 Baked Chicken Quarters, Broccoli & Red Pepper Salad Mixed Vegetables
Vegetarian: Potato and Cheese Pierogibwith Sour Cream, Broccoli & Red Pepper, Salad Mix Veggies

18 Beef Salisbury Steak w/ Mushroom Sauce, Broccoli w/ Toasted Garlic
Vegetarian: Whole Wheat American Cheese Sandwich

19 BBQ Chicken Breasts, Collard Greens with Tomato Mexican Corn Confetti Salad
Vegetarian: Whole Wheat Penne with White Beans, Eggplant, and Tomatoes

20 Baked Salmon and Garden Salad.
Vegetarian: Cheddar Cheese Slice, Hard boiled egg and Garden Salad

22 Curry Chickpea Stew, White rice and Mixed salad.

23 Deluxe Cheeseburger w/ Sautéed Green Peppers and Onions. Broccoli w/ Toasted Garlic.
Vegetarian: Basil Quinoa Stuffed Peppers

24 Chicken Breast w/ Mushrooms & Peppers. Sautéed Spinash & Tomatoes, Tangy Green Beans.
Vegetarian: Veggie Lover Lasagna Alfredo

25 Baked Salmon, Mashed Sweet Potatoes, Steamed Spinach.
Vegetarian: Vegetable Lasagna, Mashed Potatoes, Steamed Spinach.

26 **SPRING LUNCHEON**
BBQ Chicken Leg Quartes, Vegetable Mix (Non-Starchy).
Vegetarian: Roasted Vegetable, Black Bean and Corn Enchilada Casserole. Vegetable Mix.

27 Tuna Fish Salad, Basic Pasta Salad and Garden Salad.
Vegetarian: Hummus, Basic Pasta Salad and Garden Salad.

29 Southern Italian Tofu Parmigiana, Cucumber Dill Salad

31 Baked White Fish with Garlic Crumb Crust, California Blend Vegetables.
Vegetarian: Traditional Whole Wheat Bean Burrito

Lunch Menu April 2024

Dine in Lunch Only

WESTBETH CENTER

Hot Congregate Meal Hours:
Tuesday – Saturday | 12:00 pm – 2:00 p.m.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Center Closed

All of the other locations are serving lunch:

- Center on the Sq.
- Our Lady of Pompeii
- Independence Plaza

Annes Lemon Garlic Sauce, Baked Chicken Thighs and California Blend Vegetables. **2**

Vegetarian:
Classic Black Bean Stew, California Blend Vegetables.

Classic Chicken Cacciatore and Italian Blend. **9**

Vegetarian:
Cheddar and Potato Bake, Italian Blend Vegetables.

Baked Chicken Thighs, Brown Gravy and California Blend Vegetables. **16**

Vegetarian:
Cheese Blintzes and California Blend Vegetables.

Chicken Piccata & Italian Blend Veggies. **23**

Vegetarian:
Baked Macaroni & Italian Blend Veggies.

Annes Lemon Garlic Sauce, Baked Chicken Thighs & Prince Edward Blend Vegetables. **30**

Vegetarian:
Cheese Tortellini and Italian Blend Vegetable.

Mediterranean Lentil Stew, Cous Cous and Italian Blend Vegetables. **3**

Vegetarian Three Bean Chilli, Brown rice and Prince Edward Blend Vegetable. **10**

Curry Chickpea Stew, Cous Cous and Garden Salad. **17**

Black Eyed Pea Masala, Brown Rice w/ Black Beans & Prince Edward Vegetables. **24**

Baked Pork, Brown Gravy and Steamed Carrots. **4**

Vegetarian:
Brown Gravy Tofu, Steamed Carrots.

BBQ Pulled Pork, Baked Sweet Potato and Garden Salad. **11**

Vegetarian:
BBQ Sauce Tofu, Baked Sweet Potato and Garden Salad.

Italian Style Pork Loin, Tomato Sauce and Italian Blend Vegetables. **18**

Vegetarian:
Tomato Sauce, Vegan Meatballs and Italian Blend Vegetables.

Baked Pork, Ginger Sauce, Oriental Blend Vegetables. **25**

Vegetarian:
Ginger Sauce, Tofu and Oriental Blend Vegetables.

Beef Stew, Brown Gravy and Prince Edward Blend Vegetables. **5**

Vegetarian:
Brown Gravy, Vegan Meatballs and Steamed Carrots.

Beef Salisbury Steak, Mushroom Gravy and California Blend Vegetables. **12**

Vegetarian:
Cheese Tortellini, Homemade Tomato Sauce.

Spanish Style Beed Stew and Prince Edward Blend Vegetables. **19**

Vegetarian:
Tofu in Garlic Soy Sesame Sauce and Prince Edward Blend Vegetables.

Basic Shepherd's Pie and California Blend Vegetables. **26**

Vegetarian:
Cheese Lasagna Rollups and California Blend Vegetables.

Egg Salad, Potato Salad and Health Slaw **6**

Tuna Fish Salad, Basic Pasta Salad and Garden Salad. **13**

Vegetarian:
Hummus, Basic Pasta Salad and Garden Salad

Baked Salmon and Garden Salad. **20**

Vegetarian:
Cheddar Cheese Slice, Hard boiled egg and Garden Salad

SPRING LUNCHEON **27**

Tuna Fish Salad, Basic Pasta Salad and Garden Salad.

Vegetarian:
Hummus, Basic Pasta Salad and Garden Salad.