

Lunch Menu May 2024

Dine in Lunch Only

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6 Refreshing Chickpea Salad with Dill, Vegetable Ratatouille

7 Classic Chicken Cacciatore, Sauteed Mushrooms, Peppers, and Onions
Vegetarian: Eggplant Parmesan with Ricotta, Sauteed Mushrooms, Peppers, and Onions

1 Chicken Parmesan, Garden Salad
Vegetarian: Eggplant Parmesan w/ Ricotta, Garden Salad
8 Lemon Salmon, Cucumber Dill Salad
Vegetarian: Orzo Stuffed Peppers, Cucumber Dill Salad

2 Beef Brisket w/ Tomatoes & Onions, Garden Salad
Vegetarian: Comforting Lentil & Bean Chili, Garden Salad
9 Spanish Style Roast Pork, Vegetable Mix
Vegetarian: Grill Blazin' Black Bean Burger, Vegetable Mix

3 BBQ Chicken Leg Quarters Leafy Green Salad w/ Apples
Vegetarian: Baked Ziti with Cheese, Leafy Green Salad with Apples
10 Oven Fried Chicken, Garden Salad
Vegetarian: Lemongrass Tofu & Veggie Curry, Garden Salad

4 Chicken Salad, Potato Salad
Vegetarian: Egg Salad, Potato Salad
11 Baked Salmon, Garden Salad
Vegetarian: Hummus, Pasta Salad, Garden Salad

13 Eggplant Parmesan with Creamy Cashew Ricotta
Carrot Apple Raisin Salad

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

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

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

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

18 Egg Salad, Potato Salad and Health Slaw

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

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

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

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

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

25 Tuna Fish Salad, Basic Pasta Salad and Garden Salad
Vegetarian: Hummus, Basic Pasta Salad and Garden Salad

27 CENTER CLOSED

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

29 Baked Chicken Quarters, Broccoli & Red Pepper Salad Mixed Vegetables
Vegetarian: Potato and Cheese Pierogi w/ Sour Cream, Broccoli & Red Pepper, Salad Mix Veggies

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

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

Lunch Menu May 2024

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6 Refreshing Chickpea Salad with Dill, Vegetable Ratatouille

7 Classic Chicken Cacciatore, Sauteed Mushrooms, Peppers, and Onions
Vegetarian: Eggplant Parmesan with Ricotta, Sauteed Mushrooms, Peppers, and Onions

1 Chicken Parmesan, Garden Salad
Vegetarian: Eggplant Parmesan w/ Ricotta, Garden Salad
8 Lemon Salmon, Cucumber Dill Salad
Vegetarian: Orzo Stuffed Peppers, Cucumber Dill Salad

2 Beef Brisket w/ Tomatoes & Onions, Garden Salad
Vegetarian: Comforting Lentil & Bean Chili, Garden Salad
9 Spanish Style Roast Pork, Vegetable Mix
Vegetarian: Grill Blazin' Black Bean Burger, Vegetable Mix

3 BBQ Chicken Leg Quarters Leafy Green Salad w/ Apples
Vegetarian: Baked Ziti with Cheese, Leafy Green Salad with Apples
10 Oven Fried Chicken, Garden Salad
Vegetarian: Lemongrass Tofu & Veggie Curry, Garden Salad

4 Chicken Salad, Potato Salad
Vegetarian: Egg Salad, Potato Salad
11 Baked Salmon, Garden Salad
Vegetarian: Hummus, Pasta Salad, Garden Salad

13 Eggplant Parmesan with Creamy Cashew Ricotta
Carrot Apple Raisin Salad

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

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

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

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

18 Egg Salad, Potato Salad and Health Slaw

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

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

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

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

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

25 Tuna Fish Salad, Basic Pasta Salad and Garden Salad
Vegetarian: Hummus, Basic Pasta Salad and Garden Salad

27 **CENTER CLOSED**

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

29 Baked Chicken Quarters, Broccoli & Red Pepper Salad Mixed Vegetables
Vegetarian: Potato and Cheese Pierogi w/ Sour Cream, Broccoli & Red Pepper, Salad Mix Veggies

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

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

Lunch Menu May 2024

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



Dine in Lunch Only

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>6 Refreshing Chickpea Salad with Dill, Vegetable Ratatouille</p>	<p>7 Classic Chicken Cacciatore, Sauteed Mushrooms, Peppers, and Onions</p> <p>Vegetarian: Eggplant Parmesan with Ricotta, Sauteed Mushrooms, Peppers, and Onions</p>	<p>1 Chicken Parmesan, Garden Salad</p> <p>Vegetarian: Eggplant Parmesan w/ Ricotta, Garden Salad</p> <p>8 Lemon Salmon, Cucumber Dill Salad</p> <p>Vegetarian: Orzo Stuffed Peppers, Cucumber Dill Salad</p>	<p>2 Beef Brisket w/ Tomatoes & Onions, Garden Salad</p> <p>Vegetarian: Comforting Lentil & Bean Chili, Garden Salad</p> <p>9 Spanish Style Roast Pork, Vegetable Mix</p> <p>Vegetarian: Grill Blazin' Black Bean Burger, Vegetable Mix</p>	<p>3 BBQ Chicken Leg Quarters</p> <p>Leafy Green Salad w/ Apples</p> <p>Vegetarian: Baked Ziti with Cheese, Leafy Green Salad with Apples</p> <p>10 Oven Fried Chicken, Garden Salad</p> <p>Vegetarian: Lemongrass Tofu & Veggie Curry, Garden Salad</p>	<p>4 Chicken Salad, Potato Salad</p> <p>Vegetarian: Egg Salad, Potato Salad</p> <p>11 Baked Salmon, Garden Salad</p> <p>Vegetarian: Hummus, Pasta Salad, Garden Salad</p>
<p>13 Eggplant Parmesan with Creamy Cashew Ricotta</p> <p>Carrot Apple Raisin Salad</p>	<p>14 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>15 Pork Spare Ribs, Broccoli & Red Pepper Salad, Parmesan Rosemary Mashed Potatoes</p> <p>Vegetarian: New Orleans Style Sweet Potato Gumbo</p>	<p>16 BBQ Chicken Leg Quarters, Garden Salad, Roasted Broccoli</p> <p>Vegetarian: Latin Sweet Potato & Red Bean Chili, Garden Salad, Roasted Broccoli</p>	<p>17 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>18 Egg Salad, Potato Salad and Health Slaw</p>
<p>20 Homestyle Vegan Whole Grain Mac and Cheese, Mashed Sweet Potatoes w/ Marshmallows, Mixed Green Salad</p>	<p>21 Beef and Cheese Lasagna, Corn and Peas, Garden Salad</p> <p>Vegetarian: Baked Ziti with Cheese, Corn and Peas, Garden Salad</p>	<p>22 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>23 General Tso's Chicken, Broccoli w/ Teriyaki Sauce Steamed Carrots & Green Beans</p> <p>Vegetarian: Grandma's Baked Eggplant Parmesan</p>	<p>24 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>25 Tuna Fish Salad, Basic Pasta Salad and Garden Salad</p> <p>Vegetarian: Hummus, Basic Pasta Salad and Garden Salad</p>
<p>27 <u>CENTER CLOSED</u></p>	<p>28 Turkey with Gravy, Sauteed Spinach, Apple and Red Onion Salad</p> <p>Vegetarian: Grandma's Baked Eggplant Parmesan</p>	<p>29 Baked Chicken Quarters, Broccoli & Red Pepper Salad Mixed Vegetables</p> <p>Vegetarian: Potato and Cheese Pierogi w/ Sour Cream, Broccoli & Red Pepper, Salad Mix Veggies</p>	<p>30 Beef Salisbury Steak w/ Mushroom Sauce, Broccoli w/ Toasted Garlic</p> <p>Vegetarian: Whole Wheat American Cheese Sandwich</p>	<p>31 BBQ Chicken Breasts, Collard Greens with Tomato Mexican Corn Confetti Salad</p> <p>Vegetarian: Whole Wheat Penne with White Beans, Eggplant, and Tomatoes</p>	

Lunch Menu May 2024

Dine in Lunch Only

WESTBETH CENTER

Hot Congregate Meal Hours:
Tuesday – Saturday | 12 P.M. – 2 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

<p>Center Closed</p>	<p>Chicken Marsala, Garlic Mashed, Potatoes Italian Blend Vegetables 7</p> <p>Vegetarian: Cheese Blintzes, Garlic Mashed Potatoes, Italian Blend Vegetables</p>	<p>Arroz con Gandules, California Blend Vegetables 1</p>	<p>Italian Roasted Pork Tenderloin, Mushroom gravy, Italian blend 2</p> <p>Vegetarian: Sweet and sour, tofu, Italian Blend Vegetables</p>	<p>Steak Pizzaiola, White rice, Garden Salad 3</p> <p>Vegetarian: Stuffed shells with cheese, Garden Salad</p>	<p>Chicken Salad, Potato Salad 4</p> <p>Vegetarian: Egg Salad, Potato Salad</p>
	<p>Annex Lemon Garlic Sauce, Baked Chicken Thighs and California Blend Vegetables 14</p> <p>Vegetarian: Classic Black Bean Stew, California Blend Vegetables</p>	<p>Zesty Chickpea Stew, Quinoa, Garden Salad 8</p>	<p>Chambre de Gandules, Prince Edward Blend Vegetables 8</p> <p>Vegetarian: Baked Macaroni and Cheese, Prince Edward Blend Vegetables</p>	<p>Italian Meatballs with beef and turkey, Penne, California Blend Vegetables 9</p> <p>Vegetarian: Cheese Lasagna Rollups, California Blend Vegetables</p>	<p>Baked Salmon, Garden Salad 10</p> <p>Vegetarian: Hummus, Pasta Salad, Garden Salad</p>
	<p>Classic Chicken Cacciatore and Italian Blend 21</p> <p>Vegetarian: Cheddar and Potato Bake, Italian Blend Vegetables</p>	<p>Mediterranean Lentil Stew, Cous Cous and Italian Blend Vegetables 15</p>	<p>Baked Pork, Brown Gravy and Steamed Carrots 16</p> <p>Vegetarian: Brown Gravy Tofu, Steamed Carrots</p>	<p>Beef Stew, Brown Gravy and Prince Edward Blend Vegetables 17</p> <p>Vegetarian: Brown Gravy, Vegan Meatballs and Steamed Carrots</p>	<p>Egg Salad, Potato Salad and Health Slaw 18</p>
	<p>CENTER CLOSED 28</p>	<p>Vegetarian Three Bean Chilli, Brown rice and Prince Edward Blend Vegetable 22</p>	<p>BBQ Pulled Pork, Baked Sweet Potato and Garden 23</p> <p>Vegetarian: BBQ Sauce Tofu, Baked Sweet Potato and Garden Salad</p>	<p>Beef Salisbury Steak, Mushroom Gravy and California Blend Vegetables 24</p> <p>Vegetarian: Cheese Tortellini, Homemade Tomato Sauce</p>	<p>Tuna Fish Salad, Basic Pasta Salad and Garden Salad 25</p> <p>Vegetarian: Hummus, Basic Pasta Salad and Garden Salad</p>
	<p>Curry Chickpea Stew, Cous Cous and Garden Salad 29</p>	<p>Italian Style Pork Loin, Tomato Sauce and Italian Blend Vegetables 30</p> <p>Vegetarian: Tomato Sauce, Vegan Meatballs and Italian Blend Vegetables</p>	<p>Spanish Style Beef Stew and Prince Edward Blend Vegetables 31</p> <p>Vegetarian: Tofu in Garlic Soy Sesame Sauce and Prince Edward Blend Vegetables</p>		