



# LUNCH MENU JULY 2024

Center on the Sq. | Hours: 12 – 2 p.m.

Hot Congregate Meal Hours at Westbeth | Saturday, 12 – 2 p.m.

## DINE IN LUNCH ONLY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY WESTBETH ONLY

**4TH JULY LUNCHEON**  
BBQ Chicken, Macaroni Salad, Green Salad, Cornbread & Cupcakes

1

Chicken Breast with Mushrooms and Peppers  
**Vegetarian:** Eggplant Parmesan with Ricotta, Garden Salad

2

Salmon Salad, Vegetable Mix (non-starchy)  
**Vegetarian:** Summer Chickpea and Veggie Salad

3

**CENTER CLOSED 4th OF JULY**

4

Chicken Tikka Masala, Mexican Corn Confetti Salad,  
**Vegetarian:** Curried Jamaican Stew,  
**Ice-cream!**

5

Egg Salad, Basic Pasta Salad and Health Slaw

6

Latin Sweet Potato and Red Bean Chili, Carrot Apple Raisin Salad

8

BBQ Chicken Breasts, Adobo Spiced Cauliflower, Zucchini, and Carrots  
**Vegetarian:** Whole Wheat Baked Ziti with Vegetables

9

Beef Salisbury Steak w/ Mushroom Sauce, Garden Salad  
Roasted Broccoli  
**Vegetarian:** Chipotle BBQ Pulled Jackfruit

10

Chicken Alfredo Penne, California Blend Vegetables  
**Vegetarian:** Pasta with Sweet Peas, Garden Salad

11

Baked Salmon, Cilantro Citrus Sauce, Red Pepper Salad  
**Vegetarian:** Eggplant Parmesan with Ricotta  
**Ice-cream!**

12

Hummus, Basic Pasta Salad, Garden Salad

13

Red Lentil Pasta with Fire Roasted Tomato Sauce, Broccoli and Red Pepper Salad

15

Beef Sloppy Joe, Pepper Salad  
Skillet Zucchini, Corn, Peppers, and Tomatoes  
**Vegetarian:** Comforting Lentil & Bean Chili

16

Turkey Salisbury Steak w/ Mushroom Gravy, Romaine, Carrot, Beet, and Chickpea Salad  
**Vegetarian:** Broccoli Cheddar Quiche

17

Whole Wheat Ziti w/ Chicken, Cucumber & Tomato Salad  
**Vegetarian:** Vegetable Lasagna, Italian Blend Veg

18

BBQ Chicken Leg Quarters, Leafy Green Salad w/ Apples  
**Vegetarian:** Baked Ziti w/ Cheese  
**Ice-cream!**

19

Cheddar Cheese Slice, Hard Boiled Egg, Garden Salad

20

Southern Italian Tofu Parmigiana, Cucumber Dill Salad

22

Baked Ziti w/ Turkey, Italian Blend Veg  
**Vegetarian:** Vegetable Lasagna, Refreshing chickpeas salad w/ Dill

23

Chicken Parmesan, Mixed Green Salad  
**Vegetarian:** Eggplant Parmesan with Ricotta

24

Beef Brisket with Tomatoes & Onions, Garden Salad  
**Vegetarian:** Comforting Lentil and Bean Chili

25

Fish Curry w/ Tomato Sauce, Toasted garlic  
**Vegetarian:** Classic Hummus & Veggie Stuffed Whole Wheat Pitas  
**Ice-cream!**

26

Hummus, Basic Pasta Salad, Garden Salad

27

Dominican Vegan Sancocho, Adobo Spiced Cauliflower, Zucchini, and Carrots, Yellow Plantains

29

Turkey Tacos, Broccoli & Red Peppers  
**Vegetarian:** Traditional Soft Whole Wheat Tacos w/ Black Beans and Veggies

30

Classic Chicken Cacciatore, Sauteed Mushrooms, Peppers, & Onions  
**Vegetarian:** Eggplant Parmesan w/ Ricotta

31



# LUNCH MENU JULY 2024

Our Lady of Pompeii | Hours: 12 – 2 p.m.

Hot Congregate Meal Hours at Westbeth | Saturday, 12 – 2 p.m.

## DINE IN LUNCH ONLY

### MONDAY

Whole Wheat Quesadillas with Cheddar, Black Beans, and Vegetables and Italian Blend Vegetables **1**

### TUESDAY

**4TH JULY LUNCHEON** **2**  
**BBQ Chicken, Macaroni Salad, Green Salad, Cornbread & Cupcakes**

### WEDNESDAY

Salmon Salad, Vegetable Mix (non-starchy) **3**  
**Vegetarian:** Summer Chickpea and Veggie Salad

### THURSDAY

**CENTER CLOSED 4th OF JULY** **4**

### FRIDAY

Chicken Tikka Masala, Mexican Corn Confetti Salad, **Vegetarian:** Curried Jamaican Stew **5**

### SATURDAY WESTBETH ONLY

Egg Salad, Basic Pasta Salad and Health Slaw **6**

Latin Sweet Potato and Red Bean Chili, Carrot Apple Raisin Salad **8**

BBQ Chicken Breasts, Adobo Spiced Cauliflower, Zucchini, and Carrots **9**  
**Vegetarian:** Whole Wheat Baked Ziti with Vegetables

Beef Salisbury Steak w/ Mushroom Sauce, Garden Salad Roasted Broccoli **10**  
**Vegetarian:** Chipotle BBQ Pulled Jackfruit

Chicken Alfredo Penne, California Blend Vegetables **11**  
**Vegetarian:** Pasta with Sweet Peas, Garden Salad

Baked Salmon w. Cilantro Citrus Sauce, Red Pepper Salad **12**  
**Vegetarian:** Eggplant Parmesan with Ricotta

Hummus, Basic Pasta Salad, Garden Salad **13**

Red Lentil Pasta with Fire Roasted Tomato Sauce, Broccoli and Red Pepper Salad **15**

Beef Sloppy Joe, Pepper Salad Skillet Zucchini, Corn, Peppers, and Tomatoes **16**  
**Vegetarian:** Comforting Lentil & Bean Chili

Turkey Salisbury Steak w/ Mushroom Gravy, Romaine, Carrot, Beet, and Chickpea Salad **17**  
**Vegetarian:** Broccoli Cheddar Quiche

Whole Wheat Ziti w/ Chicken, Cucumber & Tomato Salad **18**  
**Vegetarian:** Vegetable Lasagna, Italian Blend Veg

BBQ Chicken Leg Quarters, Leafy Green Salad w/ Apples **19**  
**Vegetarian:** Baked Ziti w/ Cheese

Cheddar Cheese Slice, Hard Boiled Egg, Garden Salad **20**

Southern Italian Tofu Parmigiana, Cucumber Dill Salad **22**

Baked Ziti w/ Turkey, Italian Blend Veg **23**  
**Vegetarian:** Vegetable Lasagna, Refreshing chickpeas salad w/ Dill

Chicken Parmesan, Mixed Green Salad **24**  
**Vegetarian:** Eggplant Parmesan with Ricotta

Beef Brisket with Tomatoes & Onions, Garden Salad **25**  
**Vegetarian:** Comforting Lentil and Bean Chili

Fish Curry w/ Tomato Sauce, Toasted garlic **26**  
**Vegetarian:** Classic Hummus & Veggie Stuffed Whole Wheat Pitas

Hummus, Basic Pasta Salad, Garden Salad **27**

Dominican Vegan Sancocho, Adobo Spiced Cauliflower, Zucchini, and Carrots, Yellow Plantains **29**

Turkey Tacos, Broccoli & Red Peppers **30**  
**Vegetarian:** Traditional Soft Whole Wheat Tacos w/ Black Beans and Veggies

Classic Chicken Cacciatore, Sauteed Mushrooms, Peppers, & Onions **31**  
**Vegetarian:** Eggplant Parmesan w/ Ricotta



# LUNCH MENU JULY 2024

Independence plaza | Hours: 12 – 2 p.m.

Hot Congregate Meal Hours at Westbeth | Saturday, 12 – 2 p.m.

## DINE IN LUNCH ONLY

### MONDAY

1 Whole Wheat Quesadillas with Cheddar, Black Beans, and Vegetables and Italian Blend Vegetables

### TUESDAY

2 Chicken Breast with Mushrooms and Peppers  
**Vegetarian:** Eggplant Parmesan with Ricotta, Garden Salad

### WEDNESDAY

3 Salmon Salad, Vegetable Mix (non-starchy)  
**Vegetarian:** Summer Chickpea and Veggie Salad

### THURSDAY

4 **CENTER CLOSED**  
**4th OF JULY**

### FRIDAY

5 **4TH JULY LUNCHEON**  
**BBQ Chicken, Macaroni Salad, Green Salad, Cornbread & Cupcakes**

### SATURDAY WESTBETH ONLY

6 Egg Salad, Basic Pasta Salad and Health Slaw

8 Latin Sweet Potato and Red Bean Chili, Carrot Apple Raisin Salad

9 BBQ Chicken Breasts, Adobo Spiced Cauliflower, Zucchini, and Carrots  
**Vegetarian:** Whole Wheat Baked Ziti with Vegetables

10 Beef Salisbury Steak w/ Mushroom Sauce, Garden Salad Roasted Broccoli  
**Vegetarian:** Chipotle BBQ Pulled Jackfruit

11 Chicken Alfredo Penne, California Blend Vegetables  
**Vegetarian:** Pasta with Sweet Peas, Garden Salad

12 Baked Salmon w. Cilantro Citrus Sauce, Red Pepper Salad  
**Vegetarian:** Eggplant Parmesan with Ricotta

13 Hummus, Basic Pasta Salad, Garden Salad

15 Red Lentil Pasta with Fire Roasted Tomato Sauce, Broccoli and Red Pepper Salad

16 Beef Sloppy Joe, Pepper Salad Skillet Zucchini, Corn, Peppers, and Tomatoes  
**Vegetarian:** Comforting Lentil & Bean Chili

17 Turkey Salisbury Steak w/ Mushroom Gravy, Romaine, Carrot, Beet, and Chickpea Salad  
**Vegetarian:** Broccoli Cheddar Quiche

18 Whole Wheat Ziti w/ Chicken, Cucumber & Tomato Salad  
**Vegetarian:** Vegetable Lasagna, Italian Blend Veg

19 BBQ Chicken Leg Quarters, Leafy Green Salad w/ Apples  
**Vegetarian:** Baked Ziti w/ Cheese

20 Cheddar Cheese Slice, Hard Boiled Egg, Garden Salad

22 Southern Italian Tofu Parmigiana, Cucumber Dill Salad

23 Baked Ziti w/ Turkey, Italian Blend Veg  
**Vegetarian:** Vegetable Lasagna, Refreshing chickpeas salad w/ Dill

24 Chicken Parmesan, Mixed Green Salad  
**Vegetarian:** Eggplant Parmesan with Ricotta

25 Beef Brisket with Tomatoes & Onions, Garden Salad  
**Vegetarian:** Comforting Lentil and Bean Chili

26 Fish Curry w/ Tomato Sauce, Toasted garlic  
**Vegetarian:** Classic Hummus & Veggie Stuffed Whole Wheat Pitas

27 Hummus, Basic Pasta Salad, Garden Salad

29 Dominican Vegan Sancocho, Adobo Spiced Cauliflower, Zucchini, and Carrots, Yellow Plantains

30 Turkey Tacos, Broccoli & Red Peppers  
**Vegetarian:** Traditional Soft Whole Wheat Tacos w/ Black Beans and Veggies

31 Classic Chicken Cacciatore, Sauteed Mushrooms, Peppers, & Onions  
**Vegetarian:** Eggplant Parmesan w/ Ricotta



# LUNCH MENU JULY 2024

DINE IN LUNCH ONLY

Westbeth | Hours: 12 – 2 p.m.

Hot Congregate Meal Hours Saturdays, 12 – 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

Chicken with Tomato Sauce, Penne, Sautéed String Beans **2**  
**Vegetarian:** Cheese Lasagna Rollups, Sauteed String Beans

**4TH JULY LUNCHEON** **3**  
**BBQ Chicken, Macaroni Salad, Green Salad, Cornbread & Cupcakes**

**4**  
**CENTER CLOSED**  
**4th OF JULY**

Beef Stew, Brown Gravy, Mashed Sweet Potatoes, Prince Ed. Veggies **5**  
**Vegetarian:** Brown Gravy, Vegan Meatballs, Mashers Sweet Potatoes

Egg Salad, Basic Pasta Salad and Health Slaw **6**

Classic Chicken Cacciatore, Penne, Italian Blend Veggies **9**  
**Vegetarian:** Cheddar & Potato Bake, Penne, Italian Blend Veggies

Rasta Pasta, Garden Salad, Prince Edward Blend Vegetables **10**

BBQ Pulled Pork, Yellow Rice, Baked Sweet Potato **11**  
**Vegetarian:** BBQ Sauce Tofu, Yellow Rice, Baked Sweet Potato

Beef Salisbury Steak, Mushroom Gravy, California Blend Veg. **12**  
**Vegetarian:** Cheese Tortellini, California Blend Veg. Garlic Mashed Potatoes

Hummus, Basic Pasta Salad, Garden Salad **13**

Baked Chicken Thighs, Brown Gravy, Brown Rice, California Blend Veg **16**  
**Vegetarian:** BBQ Sauce Tofu, Brown Rice, California Blend Veg

Chili-Spiced Pinto Bean Ragout, Garden Salad, Potato Salad **17**

Italian Pork Loin, Yellow Rice, Italian Blend Vegetables **18**  
**Vegetarian:** Vegan Meatballs, Penne, Italian Blend Vegetables

Spanish Style Beef Stew, Garlic Mashed Potatoes **19**  
**Vegetarian:** Cheese Blintzes, Mashed Potatoes, Prince Edward Veg

Cheddar Cheese Slice, Hard Boiled Egg, Garden Salad **20**

Chicken Piccata, Garlic Mashed Potatoes **23**  
**Vegetarian:** Baked Macaroni & Cheese, Italian Blend Vegetables

Black Eyed Pea Masala, Brown Rice with Black Beans, Prince Edward Blend Vegetables **24**

Baked Pork, Ginger Sauce, Yellow Rice, Oriental Blend Veg. **25**  
**Vegetarian:** Ginger Sauce Tofu, Yellow Rice, Oriental Blend Vegetables

Basic Shepherd Pie, California Blend Vegetables **26**  
**Vegetarian:** Cheese Lasagna Rollups, California Blend Vegetables

Hummus, Basic Pasta Salad, Garden Salad **27**

Baked Chicken Thighs, BBQ Sauce, Baked Sweet Potato, Prince Ed. Vegetables **30**  
**Vegetarian:** Cheese Tortellini, Prince Ed. Vegetables

Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas), California Blend Vegetables **31**