



# LUNCH MENU NOVEMBER 2024

DINE IN LUNCH ONLY

Center on the Sq. | Hours: 12 – 2 p.m.  
Hot Congregate Meal Hours at Westbeth | Saturday, 12 – 2 p.m.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY WESTBETH ONLY

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

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

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

7 Beef & Cheese Lasagna  
**Vegetarian:** Whole Wheat Vegetable Lasagna, Garden Salad

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

9 Tuna Fish Salad, Garden Salad  
**Vegetarian:** Egg Salad, Basic Pasta Salad and Health Slaw

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

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

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

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

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

16 Baked Fish, Potato Salad  
**Vegetarian:** Hummus, Basic Pasta Salad, Garden Salad

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

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

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

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

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

23 Baked Salmon, Basic Pasta Salad, Garden Salad  
**Vegetarian:** Cheddar Cheese Slice, Hard Boiled Egg, Garden Salad

25 **Thanksgiving Celebration**  
Apple Cider, Turkey and Gravy, Stuffing, Yams, Corn, Corn Muffin, Pumpkin Pie

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

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

28 **CLOSED FOR THANKSGIVING DAY**

29 **CLOSED FOR THANKSGIVING DAY**

30 Hummus, Basic Pasta Salad, Garden Salad

**HALLOWEEN 1**  
Salmon w Garlic Sauce, Brown Rice  
Garden Salad, Dinner Roll  
**Vegetarian:** Latin Sweet Potato & Red Bean Chili, Mashed Potatoes

2 Citrus Salmon, Pasta Salad, Garden Salad  
**Vegetarian:** Hummus, Pasta Salad, Garden Salad



# LUNCH MENU NOVEMBER 2024

DINE IN LUNCH ONLY

Our Lady of Pompeii | Hours: 12 – 2 p.m.  
Hot Congregate Meal Hours at Westbeth | Saturday, 12 – 2 p.m.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY WESTBETH ONLY

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

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

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

7 Beef & Cheese Lasagna  
**Vegetarian:** Whole Wheat Vegetable Lasagna, Garden Salad

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

9 Tuna Fish Salad, Garden Salad  
**Vegetarian:** Egg Salad, Basic Pasta Salad and Health Slaw

11 **CLOSED FOR VETERANS DAY**

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

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

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

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

16 Baked Fish, Potato Salad  
**Vegetarian:** Hummus, Basic Pasta Salad, Garden Salad

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

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

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

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

22 **Thanksgiving Celebration**  
Apple Cider, Turkey and Gravy, Stuffing, Yams, Corn, Corn Muffin, Pumpkin Pie

23 Baked Salmon, Basic Pasta Salad, Garden Salad  
**Vegetarian:** Cheddar Cheese Slice, Hard Boiled Egg, Garden Salad

25 Cuban Style Split Pea Soup, Southern Italian Tofu Parmigiana, Cucumber Dill Salad

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

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

28 **CLOSED FOR THANKSGIVING DAY**

29 **CLOSED FOR THANKSGIVING DAY**

30 Hummus, Basic Pasta Salad, Garden Salad



# LUNCH MENU NOVEMBER 2024

DINE IN LUNCH ONLY

Independence Plaza | Hours: 12 – 1:30 p.m.  
Hot Congregate Meal Hours at Westbeth | Saturday, 12 – 2 p.m.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY WESTBETH ONLY

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

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

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

7 Beef & Cheese Lasagna  
**Vegetarian:** Whole Wheat Vegetable Lasagna, Garden Salad

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

9 Tuna Fish Salad, Garden Salad  
**Vegetarian:** Egg Salad, Basic Pasta Salad and Health Slaw

11 **CLOSED FOR VETERANS DAY**

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

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

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

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

16 Baked Fish, Potato Salad  
**Vegetarian:** Hummus, Basic Pasta Salad, Garden Salad

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

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

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

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

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

23 Baked Salmon, Basic Pasta Salad, Garden Salad  
**Vegetarian:** Cheddar Cheese Slice, Hard Boiled Egg, Garden Salad

25 Cuban Style Split Pea Soup, Southern Italian Tofu Parmigiana, Cucumber Dill Salad

26 **Thanksgiving Celebration**  
Apple Cider, Turkey and Gravy, Stuffing, Yams, Corn, Corn Muffin, Pumpkin Pie

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

28 **CLOSED FOR THANKSGIVING DAY**

29 **CLOSED FOR THANKSGIVING DAY**

30 Hummus, Basic Pasta Salad, Garden Salad



# LUNCH MENU NOVEMBER 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 WESTBETH ONLY

### Center Closed

All of the other locations are serving lunch:

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

Beef & Turkey Meatballs, Penne, Cali Blend Vegetables **1**

**Vegetarian:**  
Vegan Meatballs, Penne, Cali Blend Vegetables

Citrus Salmon, Pasta Salad, Garden Salad **2**

**Vegetarian:**  
Hummus, Pasta Salad, Garden Salad

Chicken with Tomato Sauce, Penne, Sautéed String Beans **5**

**Vegetarian:**  
Cheese Lasagna Rollups, Sauteed String Beans

Mediterranean Lentil Stew, Cous Cous, Italian Blend Vegetables **6**

Baked Pork, Brown Gravy, Roasted Potatoes, String Beans **7**

**Vegetarian:**  
Tofu w/ Garlic Soy Sesame Sauce, Rice w/ Black Beans, Carrots

Beef Stew, Brown Gravy, Mashed Sweet Potatoes **8**

**Vegetarian:**  
Vegan Meatballs, Mashed Sweet Potatoes

Tuna Fish Salad, Pasta Salad, Garden Salad **9**

**Vegetarian:**  
Egg Salad, Pasta Salad, Health Slaw

**12**

**CLOSED FOR VETERANS DAY**

Rasta Pasta, Garden Salad, Prince Edward Blend Vegetables **13**

BBQ Pulled Pork, Yellow Rice, Baked Sweet Potato **14**

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

Beef Salisbury Steak, Mushroom Gravy, Cali Blend Veg. **15**

**Vegetarian:**  
Cheese Tortellini, California Blend Mashed Potatoes

Baked Fish, Potato Salad **16**

**Vegetarian:**  
Hummus, Basic Pasta Salad, Garden Salad

Baked Chicken Thighs, Brown Gravy, Brown Rice, California Blend Veg **19**

**Vegetarian:**  
BBQ Sauce Tofu, Brown Rice, California Blend Veg

Chili-Spiced Pinto Bean Ragout, Garden Salad, Potato Salad **20**

Italian Pork Loin, Yellow Rice, Italian Blend Vegetables **21**

**Vegetarian:**  
Vegan Meatballs, Penne, Italian Blend Vegetables

Spanish Style Beef Stew, Garlic Mashed Potatoes **22**

**Vegetarian:**  
Cheese Blintzes, Mashed Potatoes, Prince Edward Veg

Baked Salmon, Basic Pasta Salad, Garden Salad **23**

**Vegetarian:**  
Cheddar Cheese Slice, Hard Boiled Egg, Garden Salad

Chicken Piccata, Garlic Mashed Potatoes **26**

**Vegetarian:**  
Baked Macaroni & Cheese, Italian Blend Vegetables

**Thanksgiving Celebration** **27**

Apple Cider, Turkey and Gravy, Stuffing, Yams, Corn, Corn Muffin, Pumpkin Pie

**28**

**CLOSED FOR THANKSGIVING DAY**

**29**

**CLOSED FOR THANKSGIVING DAY**

**30**

Hummus, Basic Pasta Salad, Garden Salad