



# LUNCH MENU DECEMBER 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

Dominican Vegan Sancocho, Adobo Spiced Cauliflower, Zucchini, and Carrots, Yellow Plantains **2**

Eggplant Parmesan with Creamy Cashew Ricotta **9**

 **Holiday Celebration!**  
Roasted Chicken and Potatoes, Zucchini, Egg Nog, Apple Pie, Dinner Rolls **16**

Latin Sweet Potato and Red Bean Chili, Carrot Apple Raisin Salad **23**

Red Lentil Pasta with Fire Roasted Tomato Sauce, Broccoli and Red Pepper Salad **30**

## TUESDAY

Turkey Tacos, Broccoli & Red Peppers  
**Vegetarian:** Traditional Soft Whole Wheat Tacos w/ Black Beans and Veggies **3**

Fish with Mushrooms, Peppers, & Tomatoes  
**Vegetarian:** Roasted Vegetable, Black Bean, and Corn Enchilada Casserole **10**

Chicken Breast with Mushrooms and Peppers  
**Vegetarian:** Eggplant Parmesan with Ricotta, Garden Salad **17**

BBQ Chicken Breasts, Adobo Spiced Cauliflower, Zucchini, and Carrots  
**Vegetarian:** Whole Wheat Baked Ziti w/ Vegetables **24**

Beef Sloppy Joe, Pepper Salad Skillet Zucchini, Corn, Peppers, and Tomatoes  
**Vegetarian:** Comforting Lentil & Bean Chili **31**

## WEDNESDAY

Classic Chicken Cacciatore, Sauteed Mushrooms, Peppers, & Onions  
**Vegetarian:** Eggplant Parmesan w/ Ricotta **4**

Beef Meatballs in Tomato Sauce  
**Vegetarian:** Breaded Eggplant Cutlets, Garden Salad **11**

Salmon Salad, Vegetable Mix (non-starchy)  
**Vegetarian:** Summer Chickpea and Veggie Salad **18**

**CLOSED FOR CHRISTMAS DAY**

## THURSDAY

Spanish Style Roast Pork  
**Vegetarian:** Grilled Mozzarella and Tomato Sandwich, Whole Wheat Dinner Roll **5**

Pork Spare Ribs, Broccoli and Red Pepper Salad  
**Vegetarian:** Latin Sweet Potato & Red Bean Chili, Mashed Potatoes **12**

Beef & Cheese Lasagna  
**Vegetarian:** Whole Wheat Vegetable Lasagna, Garden Salad **19**

Chicken Alfredo Penne, California Blend Vegetables  
**Vegetarian:** Pasta with Sweet Peas, Garden Salad **26**

## FRIDAY

Salmon in Garlic Butter Sauce  
**Vegetarian:** Orzo Stuffed Peppers, Couscous with Peas and Lemon **6**

BBQ Chicken Breasts, Baked Macaroni & Cheese, Garden Salad  
**Vegetarian:** New Orleans Style Sweet Potato Gumbo **13**

Chicken Tikka Masala, Mexican Corn Confetti Salad,  
**Vegetarian:** Curried Jamaican Stew, **20**

Baked Salmon w. Cilantro Citrus Sauce, Red Pepper Salad  
**Vegetarian:** Eggplant Parmesan with Ricotta **27**

## SATURDAY WESTBETH ONLY

Baked Fish and Potato Salad  
**Vegetarian:** Egg Salad, Potato Salad and Health Slaw **7**

Citrus Salmon, Pasta Salad, Garden Salad  
**Vegetarian:** Hummus, Pasta Salad, Garden Salad **14**

Tuna Fish Salad, Garden Salad  
**Vegetarian:** Egg Salad, Basic Pasta Salad and Health Slaw **21**

Baked Fish, Potato Salad  
**Vegetarian:** Hummus, Basic Pasta Salad, Garden Salad **28**



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

## MONDAY

Dominican Vegan Sancocho, Adobo Spiced Cauliflower, Zucchini, and Carrots, Yellow Plantains **2**

Eggplant Parmesan with Creamy Cashew Ricotta **9**

Whole Wheat Quesadillas with Cheddar, Black Beans & Vegetables and Italian Blend Vegetables **16**

Latin Sweet Potato and Red Bean Chili, Carrot Apple Raisin Salad **23**

Red Lentil Pasta with Fire Roasted Tomato Sauce, Broccoli and Red Pepper Salad **30**

## TUESDAY

Turkey Tacos, Broccoli & Red Peppers **3**  
**Vegetarian:** Traditional Soft Whole Wheat Tacos w/ Black Beans and Veggies

Fish with Mushrooms, Peppers, & Tomatoes **10**  
**Vegetarian:** Roasted Vegetable, Black Bean, and Corn Enchilada Casserole

 **Holiday Celebration!** **17**  
**Roasted Chicken and Potatoes, Zucchini, Egg Nog, Apple Pie, Dinner Rolls**

BBQ Chicken Breasts, Adobo Spiced Cauliflower, Zucchini, and Carrots **24**  
**Vegetarian:** Whole Wheat Baked Ziti w/ Vegetables

Beef Sloppy Joe, Pepper Salad Skillet Zucchini, Corn, Peppers, and Tomatoes **31**  
**Vegetarian:** Comforting Lentil & Bean Chili

## WEDNESDAY

Classic Chicken Cacciatore, Sauteed Mushrooms, Peppers, & Onions **4**  
**Vegetarian:** Eggplant Parmesan w/ Ricotta

Beef Meatballs in Tomato Sauce **11**  
**Vegetarian:** Breaded Eggplant Cutlets, Garden Salad

Salmon Salad, Vegetable Mix (non-starchy) **18**  
**Vegetarian:** Summer Chickpea and Veggie Salad

**CLOSED FOR CHRISTMAS DAY** **25**

## THURSDAY

Spanish Style Roast Pork **5**  
**Vegetarian:** Grilled Mozzarella and Tomato Sandwich, Whole Wheat Dinner Roll

Pork Spare Ribs, Broccoli and Red Pepper Salad **12**  
**Vegetarian:** Latin Sweet Potato & Red Bean Chili, Mashed Potatoes

Beef & Cheese Lasagna **19**  
**Vegetarian:** Whole Wheat Vegetable Lasagna, Garden Salad

Chicken Alfredo Penne, California Blend Vegetables **26**  
**Vegetarian:** Pasta with Sweet Peas, Garden Salad

## FRIDAY

Salmon in Garlic Butter Sauce **6**  
**Vegetarian:** Orzo Stuffed Peppers, Couscous with Peas and Lemon

BBQ Chicken Breasts, Baked Macaroni & Cheese, Garden Salad **13**  
**Vegetarian:** New Orleans Style Sweet Potato Gumbo

Chicken Tikka Masala, Mexican Corn Confetti Salad, Curried Jamaican Stew, **20**

Baked Salmon w. Cilantro Citrus Sauce, Red Pepper Salad **27**  
**Vegetarian:** Eggplant Parmesan with Ricotta

## SATURDAY WESTBETH ONLY

Baked Fish and Potato Salad **7**  
**Vegetarian:** Egg Salad, Potato Salad and Health Slaw

Citrus Salmon, Pasta Salad, Garden Salad **14**  
**Vegetarian:** Hummus, Pasta Salad, Garden Salad

Tuna Fish Salad, Garden Salad **21**  
**Vegetarian:** Egg Salad, Basic Pasta Salad and Health Slaw

Baked Fish, Potato Salad **28**  
**Vegetarian:** Hummus, Basic Pasta Salad, Garden Salad



# LUNCH MENU DECEMBER 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

Dominican Vegan Sancocho, Adobo Spiced Cauliflower, Zucchini, and Carrots, Yellow Plantains **2**

Eggplant Parmesan with Creamy Cashew Ricotta **9**

Whole Wheat Quesadillas with Cheddar, Black Beans & Vegetables and Italian Blend Vegetables **16**

Latin Sweet Potato and Red Bean Chili, Carrot Apple Raisin Salad **23**

Red Lentil Pasta with Fire Roasted Tomato Sauce, Broccoli and Red Pepper Salad **30**

## TUESDAY

Turkey Tacos, Broccoli & Red Peppers **3**  
**Vegetarian:** Traditional Soft Whole Wheat Tacos w/ Black Beans and Veggies

Fish with Mushrooms, Peppers, & Tomatoes **10**  
**Vegetarian:** Roasted Vegetable, Black Bean, and Corn Enchilada Casserole

Chicken Breast with Mushrooms and Peppers **17**  
**Vegetarian:** Eggplant Parmesan with Ricotta, Garden Salad

BBQ Chicken Breasts, Adobo Spiced Cauliflower, Zucchini, and Carrots **24**  
**Vegetarian:** Whole Wheat Baked Ziti w/ Vegetables

Beef Sloppy Joe, Pepper Salad Skillet Zucchini, Corn, Peppers, and Tomatoes **31**  
**Vegetarian:** Comforting Lentil & Bean Chili

## WEDNESDAY

Classic Chicken Cacciatore, Sauteed Mushrooms, Peppers, & Onions **4**  
**Vegetarian:** Eggplant Parmesan w/ Ricotta

Beef Meatballs in Tomato Sauce **11**  
**Vegetarian:** Breaded Eggplant Cutlets, Garden Salad

Salmon Salad, Vegetable Mix (non-starchy) **18**  
**Vegetarian:** Summer Chickpea and Veggie Salad

**CLOSED FOR CHRISTMAS DAY**

## THURSDAY

Spanish Style Roast Pork **5**  
**Vegetarian:** Grilled Mozzarella and Tomato Sandwich, Whole Wheat Dinner Roll

Pork Spare Ribs, Broccoli and Red Pepper Salad **12**  
**Vegetarian:** Latin Sweet Potato & Red Bean Chili, Mashed Potatoes

Beef & Cheese Lasagna **19**  
**Vegetarian:** Whole Wheat Vegetable Lasagna, Garden Salad

Chicken Alfredo Penne, California Blend Vegetables **26**  
**Vegetarian:** Pasta with Sweet Peas, Garden Salad

## FRIDAY

Salmon in Garlic Butter Sauce **6**  
**Vegetarian:** Orzo Stuffed Peppers, Couscous with Peas and Lemon

BBQ Chicken Breasts, Baked Macaroni & Cheese, Garden Salad **13**  
**Vegetarian:** New Orleans Style Sweet Potato Gumbo

**Holiday Celebration!** **20**  
**Roasted Chicken and Potatoes, Zucchini, Egg Nog, Apple Pie, Dinner Rolls**

Baked Salmon w. Cilantro Citrus Sauce, Red Pepper Salad **27**  
**Vegetarian:** Eggplant Parmesan with Ricotta

## SATURDAY WESTBETH ONLY

Baked Fish and Potato Salad **7**  
**Vegetarian:** Egg Salad, Potato Salad and Health Slaw

Citrus Salmon, Pasta Salad, Garden Salad **14**  
**Vegetarian:** Hummus, Pasta Salad, Garden Salad

Tuna Fish Salad, Garden Salad **21**  
**Vegetarian:** Egg Salad, Basic Pasta Salad and Health Slaw

Baked Fish, Potato Salad **28**  
**Vegetarian:** Hummus, Basic Pasta Salad, Garden Salad



# LUNCH MENU DECEMBER 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

Baked Chicken Thighs, BBQ Sauce, Sweet Potato, Prince Ed. Vegetables  
**Vegetarian:** Cheese Tortellini, Prince Ed. Vegetables 3

Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas), California Blend Vegetables 4

Baked Pork w/ Mushroom Gravy, Mashed Potatoes, Italian Blend Vegetable  
**Vegetarian:** Tofu w/ Garlic Soy Sesame Sauce, Rice, Italian Blend Vegetables 5

Beef Stew White Rice, Garden Salad  
**Vegetarian:** Stuffed Shells with Cheese, Garden Salad 6

Baked Fish and Potato Salad  
**Vegetarian:** Egg Salad, Potato Salad and Health Slaw 7

Honey Mustard Chicken, Mashed Potatoes, Caesar Salad  
**Vegetarian:** Cheese Blintzes, Baked Sweet Potato, Sauteed String Beans 10

Zesty Chickpea Stew, Quinoa, Garden Salad 11

Chambre de Gandules, Prince Edward Vegetables  
**Vegetarian:** Baked Macaroni and Cheese, Prince Edward Vegetables 12

Beef & Turkey Meatballs, Penne, Cali Blend Vegetables  
**Vegetarian:** Vegan Meatballs, Penne, Cali Blend Vegetables 13

Citrus Salmon, Pasta Salad, Garden Salad  
**Vegetarian:** Hummus, Pasta Salad, Garden Salad 14

Chicken Parmesan w/ Tomato Sauce, Pasta, Mixed Greens  
**Vegetarian:** Cheese Lasagna Rollups, Sauteed String Beans 17

 **Holiday Celebration!**  
 Roasted Chicken and Potatoes, Garden Salad, Egg Nog, Apple Pie, Dinner Rolls  
**Vegetarian:** Mediterranean Black Bean Stew 18

Baked Pork, Brown Gravy, Roasted Potatoes, String Beans  
**Vegetarian:** Tofu w/ Garlic Soy Sesame Sauce, Rice w/ Black Beans, Carrots 19

Beef Stew, Brown Gravy, Mashed Sweet Potatoes  
**Vegetarian:** Vegan Meatballs, Mashed Sweet Potatoes 20

Tuna Fish Salad, Pasta Salad, Garden Salad  
**Vegetarian:** Egg Salad, Pasta Salad, Health Slaw 21

Classic Chicken Cacciatore, Penne, Italian Blend Veggies  
**Vegetarian:** Cheedar & Potato Bake, Penne, Italian Blend Veggies 24

**CLOSED FOR CHRISTMAS DAY** 25

BBQ Pulled Pork, Yellow Rice, Baked Sweet Potato  
**Vegetarian:** BBQ Sauce Tofu, Yellow Rice, Baked Sweet Potato 26

Beef Salisbury Steak, Mushroom Gravy, Cali Blend Veg.  
**Vegetarian:** Cheese Tortellini, California Blend Mashed Potatoes 27

Baked Fish, Potato Salad  
**Vegetarian:** Hummus, Basic Pasta Salad, Garden Salad 28

Baked Chicken Thighs, Brown Gravy, Brown Rice, California Blend Veg  
**Vegetarian:** BBQ Sauce Tofu, Brown Rice, California Blend Veg 31