



CENTER ON THE SQ. ADULT CENTER | DECEMBER 2025

LUNCH MENU 12-2 PM

20 Washington Sq., NY, NY 10014 | Center Director Donna Cole | 212-777-3555 Ext 106 | dcole@greenwichhouse.org

SUNDAY Westbeth, 11:30 AM-1:30 PM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY Westbeth, 12-2 PM

1
Beef Salisbury Steak
Mashed Potato
Mixed Green Salad
Vegetarian
Soft
Whole Wheat
Tacos with Black
Beans and Veggies

2
General Tso's
Tofu
Vegetable Lo
Mein
Broccoli

3
Chicken Caprese
Spaghetti
Spinach Salad
Vegetarian
Eggplant Parm

4
Roasted Chicken
Roasted Potatoes
String Beans
Vegetarian
Black bean corn
Enchilada

5
Baked Salmon
Vegetarian
Falafel w/ Tahini
Yellow Rice
Salad

6
Baked Salmon
Vegetarian
Falafel w/ Tahini
Yellow Rice
Salad

7
NO BRUNCH

8
Chicken Parmesan
Vegetarian
Eggplant parm
Pasta
Broccoli

9
Vegetable Lasagna
Beet Salad
Mixed Green Salad

10
Roast Pork
arroz con gandules
Italian Blend Veg
Vegetarian
Sweet Potato and
Bean Chili

11
Beef Lasagna
California Blend
Mixed Salad
Vegetarian
Whole wheat
Baked Ziti w Veg

12
Mango Fish
Mashed Potato
Sauteed Spinach
Vegetarian
Orzo Stuffed
Peppers

13
Sesame Orange
Chicken
Vegetarian
Coconut Curry W/
Broccoli &
Carrots
Cucumber Salad

14
Scrambles Eggs
w/ Swiss
Oatmeal
Cantaloupe

15
Baked Mushroom
Chicken
Brown Rice
Broccoli
Vegetarian
Tofu Stir Fry

16
Eggplant Parm
Spaghetti
sauteed spinach

17
Beef Meatloaf
Red potato
String Beans
Vegetarian
Jamaican Stew

18
Roasted Chicken
Legs
Yellow rice
Tossed Salad
Vegetarian
Vegetable Lasagna

19
Baked Salmon
Baked Potato
Broccoli
Vegetarian
Vegetable Soup

20
Chicken Parmesan
Vegetarian
Eggplant
Parmesan
w/ Ricotta
Pasta
Broccoli

21
NO BRUNCH

22
Holiday Lunch
Roasted Chicken
Roasted Potatoes
Zucchini
Rolls, Egg Nog
Apple Pie 

23
Bean and Veggie
Chili
Brown Rice
Italian Blend
Garden Salad

24
Cheeseburger w
Onions
French Fries
Cole Slaw
Vegetarian
Soy Burger

25
**Christmas Day
Center
CLOSED**

26
Lemon Fish w
Garlic Butter
Orzo
Broccoli
Vegetarian
Breaded Eggplant
Cutlets

27
Chicken
Parmesan
Vegetarian
Baked Ziti w/
Vegetables
Pasta
Sauteed Spinach

28
Egg a la
Mexicana
Bran Flakes
Cereal
Banana
Apple juice

29
Chicken Fajita
Yellow Rice
Yellow and Red
Peppers
Cole slaw
Vegetarian
Broccoli Cheddar
Quiche

30
Eggplant Parm
Pasta
Sautee Spinach

31
BBQ Spareribs
Brown Rice
Black Beans
Garden Salad
Vegetarian
Vegetable Soup

1



OUR LADY OF POMPEII OLDER ADULT CENTER - DECEMBER 2025

LUNCH MENU 12-2 PM

125 Carmine St., NY, NY 10014 | Center Director Mary Springer | 212-989-3620 | mspringer@greenwichhouse.org

SUNDAY
Westbeth,
11:30 AM-1:30 PM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY
Westbeth, 12-2 PM

Beef Salisbury¹
Steak
Mashed Potatoes
Mixed Green Salad
Vegetarian: Tacos w/
Black Beans and
Veggies

General Tso's²
Tofu
Vegetable Lo
Mein
Broccoli

Chicken³
Caprese
Vegetarian:
Eggplant
Parmesan
Spaghetti
Baby Spinach

Pork Chops⁴
Rice
Vegetarian:
Vegetable
Enchilada
Italian Blend
Veggies

Coconut⁵
Breaded Fish
Breaded
Vegetarian:
Eggplant Cutlets
Beet Salad

Baked Salmon⁶
Vegetarian
Falafel w/ Tahini
Yellow Rice
Salad


**NO
BRUNCH**⁷

Sesame Orange⁸
Chicken
Spaghetti
Cucumber Salad
Vegetarian:
Coconut Curry w/
Tofu

Dominican⁹
Sancocho
(Root vegetable
stew)
Beet Salad
Mixed Green
Salad

Roast Pork¹⁰
Brown Rice
Vegetarian:
Bean Chili
Italian Blend
Veggies

Baked Chicken¹¹
Rice
Vegetarian:
Eggplant
Parmesan
Yams
Blend Veggies

Mango Fish¹²
Vegetarian:
Baked Ziti
Mashed Potatoes
Spinach

Sesame Orange¹³
Chicken
Vegetarian:
Coconut Curry W/
Broccoli & Carrots
Cucumber Salad

Scrambles Eggs¹⁴
w/ Swiss
Oatmeal
Cantaloupe

Baked Mushroom¹⁵
Chicken
Rice
Vegetarian:
Veggie Stir Fry
Broccoli


Eggplant¹⁶
Parmesan
Spaghetti
Sauteed
Spinach

Beef Meatloaf¹⁷
Red Potatoes
String Beans
Vegetarian:
Curried
Jamaican
Stew

Arroz Con Pollo¹⁸
Tossed Salad
w/Dressing
Vegetarian:
Veggie Lasagna

Holiday Lunch¹⁹
Roasted Chicken
Roasted Potatoes
Zucchini
Rolls, Egg Nog
Apple Pie

Chicken²⁰
Parmesan
Vegetarian
Eggplant Parmesan
w/ Ricotta
Pasta
Broccoli


**NO
BRUNCH**²¹

Chicken Cutlets²²
Roasted Potatoes
Sauteed Spinach
Vegetarian:
Baked Ziti

Bean and Veg²³
Chili
Brown Rice
Italian Blend
Veggies
Garden Salad

Cheeseburger w/²⁴
Onions
Fries
Cole Slaw
Vegetarian:
Soy Burger

CHRISTMAS²⁵
DAY
CENTER
CLOSED

Baked Fish²⁶
Italian Blend
Veggies
Vegetarian:
Chipotle BBQ
Jackfruit
Orzo

Chicken²⁷
Parmesan
Vegetarian
Baked Ziti w/
Vegetables
Pasta
Sauteed Spinach

Egg a la²⁸
Mexicana
Bran Flakes
Cereal
Banana
Apple juice

Chicken Fajitas²⁹
Yellow Rice
Broccoli and
Peppers
Vegetarian:
Broccoli Quiche

Eggplant³⁰
Parmesan
Bow Tie Pasta
Sauteed
Spinach

Baked Pork Chops³¹
Vegetarian:
Sancocho
(Root vegetable
stew)
Black Beans w/ Rice
Garden Salad





INDEPENDENCE PLAZA OLDER ADULT CENTER - DECEMBER 2025

LUNCH MENU 12-1:30 PM 310 Greenwich St., NY, NY 10013 | Center Director Joe Macyock | 212-267-0499 | jmaycock@greenwichhouse.org

SUNDAY
Westbeth,
11:30 AM-1:30 PM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY
Westbeth, 12-2 PM

Beef Salisbury Steak
Mashed Potatoes
Mixed Green Salad
Vegetarian: Tacos w/ Black Beans and Veggies

General Tso's Tofu
Vegetable Lo Mein
Broccoli w/ toasted Garlic

Chicken Caprese
Eggplant Parmesan
Vegetarian: Spaghetti
Baby Spinach

Pork Chops Rice
Vegetarian: Vegetable Enchilada
Italian Blend Veggies

Coconut Breaded Fish
Breaded Vegetarian: Eggplant Cutlets
Beet Salad

Baked Salmon
Vegetarian Falafel w/ Tahini
Yellow Rice Salad

NO BRUNCH

Sesame Orange Chicken
Spaghetti
Cucumber Salad
Vegetarian: Coconut Curry w/ Tofu

Dominican Sancocho (Root vegetable stew)
Beet Salad
Mixed Green Salad

Roast Pork Brown Rice
Vegetarian: Bean Chili
Italian Blend Veggies

Baked Chicken Rice
Vegetarian: Eggplant Parmesan
Yams Blend Veggies

Mango Fish
Vegetarian: Baked Ziti
Mashed Potatoes Spinach

Sesame Orange Chicken
Vegetarian Coconut Curry W/ Broccoli & Carrots
Cucumber Salad

Scrambles Eggs w/ Swiss Oatmeal Cantaloupe

Baked Mushroom Chicken
Brown Rice Broccoli
Vegetarian Tofu Stir Fry

Eggplant Parmesan
Spaghetti Sautéed Spinach

Beef Meatloaf Red Potatoes
String Beans
Vegetarian: Curried Jamaican Stew

Arroz Con Pollo Tossed Salad w/Dressing
Vegetarian: Veggie Lasagna

Baked Salmon Baked Potato Broccoli
Vegetarian Vegetable Soup

Chicken Parmesan
Vegetarian Eggplant Parmesan w/ Ricotta
Pasta Broccoli

NO BRUNCH

Chicken Cutlets
Roasted Potatoes
Sautéed Spinach
Vegetarian: Baked Ziti

Holiday Lunch
Roasted Chicken
Roasted Potatoes
Zucchini
Rolls, Egg Nog
Apple Pie



Cheeseburger w/ Onions Fries
Cole Slaw
Vegetarian: Soy Burger

Christmas Day Closed

Baked Fish Italian Blend Veggies
Vegetarian: Chipotle BBQ Jackfruit Orzo

Chicken Parmesan
Vegetarian Baked Ziti w/ Vegetables
Pasta Sautéed Spinach

Egg a la Mexicana
Bran Flakes Cereal
Banana Apple juice

Chicken Fajitas
Yellow Rice Broccoli and Peppers
Vegetarian: Broccoli Quiche

Eggplant Parmesan
Bow Tie Pasta
Sautéed Spinach

Baked Pork Chops
Vegetarian: Sancocho (Root vegetable stew)
Black Beans w/ Rice
Garden Salad

3



WESTBETH OLDER ADULT CENTER - DECEMBER 2025

LUNCH MENU 12-2 PM

155 Bank St. NY, NY 10014 | Center Director Ruby Ng | 212-255-5191 | rmg@greenwichhouse.org

SUNDAY - Brunch 11:30 am - 1:30 pm

Westbeth is CLOSED on Mondays*
Please visit another Greenwich House Center for lunch.

NO BRUNCH

Scrambles Eggs w/ Swiss Oatmeal Cantaloupe

NO BRUNCH

Egg a la Mexicana
Bran Flakes Cereal
Banana
Apple juice

TUESDAY- Lunch 12 pm - 2 pm

General Tso's Tofu
Vegetable Lo Mein
Broccoli w/ toasted Garlic

Dominican Sancocho (Root vegetable stew)
Beet Salad
Mixed Green Salad

Eggplant Parmesan w/ Creamy Cashew Ricotta
Spaghetti
Sauteed Spinach

Chipotle Bean & Veggie Chili
Brown Rice
Blended Vegetables

Eggplant Parmesan w/ Creamy cashew ricotta
Spaghetti
Sauteed Spinach

WEDNESDAY- 12pm -2pm

Chicken Capres
Vegetarian
Eggplant Parmesan
ricotta
Pasta
Spinach salad

BBQ Pulled Pork
Vegetarian
Latin Sweet potato & Red beans chili
Brown Rice
Blended Vegetables

Beef Meatloaf
Vegetarian
Curried Jamaican Stew
Red potatoes
Sauteed string beans

Deluxe Cheeseburger w/onions
Vegetarian
Veggie Soy burger
Cole slaw

Baked Pork chop
Vegetarian
Dominican Sancocho (Root vegetable stew)
Brown rice
Garden Salad

THURSDAY- Lunch 12 pm - 2 pm

Turkey w/ Gravy
Vegetarian
Baked Vegetable
Lasagna
Sweet Potato
Green Beans

Salmon with Garlic Butter
Vegetarian
Eggplant Parmesan w/ Ricotta
Rice Pilaf
Blend Vegetables

Special Holiday Luncheon!
Roasted Chicken
Roasted Potatoes
Zucchini
Egg Nog

Christmas Day Center CLOSED

FRIDAY - Brunch 11:30 am - 1:30 pm

Scrambled Eggs w/ Spinach
Turkey Sausage
Hashbrowns
Fruit

Cinamon Raisin Bagel w/ Cream Cheese
Scramble Eggs w/ Tomatoes
Fruit

Blueberry Pancake
Scramble Eggs
Turkey Sausage
Cottage Cheese
Fruit

Scrambled Eggs w/ Spinach
English Muffins
Fruit
Greek Yogurt
Peanut butter

SATURDAY- Lunch 12 pm - 2 pm

Baked Salmon
Vegetarian
Falafel w/ Tahini
Yellow Rice
Salad

Sesame Orange Chicken
Vegetarian
Coconut Cury W/ Broccoli & Carrots
Spaghetti
Cucumber Salad

Chicken Parmesan
Vegetarian
Eggplant Parmesan w/ Ricotta
Pasta
Broccoli w/ roasted garlic

Chicken Parmesan
Vegetarian
Baked Ziti w/ Vegetables
Pasta
Sauteed Spinach