



CENTER ON THE SQ. ADULT CENTER | FEBRUARY 2026

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

2
Chicken Cutlets
Roasted Potatoes
Sauteed Spinach
Vegetarian:
Baked Ziti

3
Chipotle Bean & Veggie Chili
Brown Rice
Garden Salad

4

Celebrate Lunar New Year
Salmon
Rice
Green Beans
Almond Cookie

5
Spanish Chicken
Vegetarian:
Lentil Stew
Rice and Beans
Mixed Green Salad

6
Baked Fish
Italian Blend
Veggies
Vegetarian:
Tofu Stir Fry
Orzo

7
Chicken
Parmesan
Vegetarian
Whole Wheat
Baked Zit w/
Vegetables
Pasta Spinach

8
Egg a la Mexicana (non-spicy)
Bran flakes
Fruit & Juice

9
Roast Chicken Legs
Vegetarian
Broccoli Cheddar
Quiche, Rice
Broccoli & Red pepper

10
Eggplant
Parmesan
Spaghetti
Sauteed Spinach

11

Celebrate Valentine's Day
Roasted Turkey
Stuffing
Green Beans
Desserts

12
Chicken
Parmesan
Vegetarian:
Eggplant
Parmesan
Italian
Vegetables
Spaghetti

13
Fish Curry
Vegetarian:
Orzo Stuffed
Peppers
Red Potato
Wedges
Spinach

14
Chicken Fajitas
Vegetarian
Broccoli
Cheddar Quiche
Rice
Cole Slaw

15
Oatmeal
Scrambled Eggs w/ Red pepper & onions
Fruit & Juice

16

CENTER CLOSED FOR PRESIDENTS DAY

17
Broccoli Cheddar
Quiche
Garden Salad

18
Beef Brisket
Vegetarian:
Eggplant
Parmesan
Rice w/ Corn
Spinach

19
Chicken
Parmesan
Vegetarian:
Sweet Potato
Gumbo
Brussel Sprouts
French Fries

20
Fish
Vegetarian:
Soy Burger
Roasted Potato
California Blend

21
Chicken
Parmesan
Vegetarian
Eggplant Cutlets
Pasta
Salad

22
Spinach & Feta
Omelet
Bran Flakes
Home Fries
Fruit & Juice

23
Beef Salisbury
Steak
Vegetarian
Tacos w/ Black Beans & Vegetable
Mash Potatoes
Green Salad

24
Vegetable
Lasagna
Broccoli w/
Garlic

25
Chicken Caprese
Vegetarian:
Eggplant
Parmesan
Spaghetti
Baby Spinach

26
Spare Ribs
Brown Rice
Vegetarian:
Bean Chili
Italian Blend
Veggies

27
Coconut
Breaded Fish
Vegetarian:
Eggplant Cutlets
Beet Salad
Red Potatoes

28
Beef Salisbury
Steak
Vegetarian
Broccoli Cheddar
Quiche
Mashed Potatoes
Kale



INDEPENDENCE PLAZA OLDER ADULT CENTER - FEBRUARY 2026

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

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

1

MONDAY

2
Chicken Cutlets
Roasted Potatoes
Sauteed Spinach
Vegetarian:
Baked Ziti

TUESDAY

3
Chipotle Bean & Veggie Chili
Brown Rice
Garden Salad

WEDNESDAY

4
Cheeseburger w/ Onions
Fries
Cole Slaw
Vegetarian:
Soy Burger

THURSDAY

5
Spanish Chicken
Vegetarian:
Lentil Stew
Rice and Beans
Mixed Green Salad

FRIDAY

6
Baked Fish
Italian Blend Veggies
Vegetarian:
Chipotle BBQ Jackfruit
Orzo

SATURDAY Westbeth, 12-2 PM

7
Chicken
Parmesan
Vegetarian
Whole Wheat
Baked Ziti w/
Vegetables
Pasta Spinach

8
Egg a la Mexicana (non-spicy)
Bran flakes
Fruit & Juice

9
Chicken Fajitas
Vegetarian
Broccoli Cheddar Quiche, Rice
Broccoli & Red pepper

10
Eggplant
Parmesan
Spaghetti
Sauteed Spinach

11
Pork Chops
Vegetarian:
Sancocho (Root veg stew)
Blk Beans w/ Rice
Garden Salad

12
Chicken
Parmesan
Vegetarian:
Eggplant
Parmesan
Italian
Vegetables
Spaghetti

13

Celebrate Valentine's Day
Roasted Turkey
Stuffing
Green Beans
Desserts

14
Chicken Fajitas
Vegetarian
Broccoli
Cheddar Quiche
Rice
Cole Slaw

15
Oatmeal
Scrambled Eggs w/ Red pepper & onions
Fruit & Juice

16

CENTER CLOSED FOR PRESIDENTS DAY

17
Arroz con Gandules
Garden Salas

18
Beef Brisket
Vegetarian:
Eggplant
Parmesan
Rice w/ Corn
Spinach

19
Chicken Burger
Vegetarian:
Sweet Potato Gumbo
Brussel Sprouts
French Fries

20

Celebrate Lunar New Year
Salmon
Rice
Green Beans
Almond Cookie

21
Chicken
Parmesan
Vegetarian
Eggplant Cutlets
Pasta
Salad

22
Spinach & Feta Omelet
Bran Flakes
Home Fries
Fruit & Juice

23
Beef Salisbury Steak
Vegetarian
Tacos w/ Black Beans & Vegetable
Mash Potatoes
Green Salad

24
General Tso's Tofu Vegetable
Lo Mein
Broccoli w/ Garlic

25
Chicken Caprese
Vegetarian:
Eggplant
Parmesan
Spaghetti
Baby Spinach

26
Roast Pork
Brown Rice
Vegetarian:
Bean Chili
Italian Blend Veggies

27
Coconut Breaded Fish
Vegetarian:
Eggplant Cutlets
Beet Salad
Red Potatoes

28
Beef Salisbury Steak
Vegetarian
Broccoli Cheddar Quiche
Mashed Potatoes
Kale



OUR LADY OF POMPEII OLDER ADULT CENTER - FEBRUARY 2026

LUNCH MENU 12-2 PM

I25 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

1

2

3

4

5

6

7

Chicken Cutlets
Roasted Potatoes
Sautéed Spinach
Vegetarian:
Baked Ziti

Chipotle Bean & Veggie Chili
Brown Rice
Garden Salad

Cheeseburger w/ Onions
Fries
Cole Slaw
Vegetarian:
Soy Burger

Lunar New Year Luncheon:
Salmon Rice
Green Beans
Almond Cookie

Baked Fish
Italian Blend Veggies
Vegetarian:
Chipotle BBQ Jackfruit
Orzo

Chicken Parmesan
Vegetarian Whole Wheat
Baked Ziti w/ Vegetables
Pasta Spinach

8

9

10

11

12

13

14

Egg a la Mexicana (non-spicy)
Bran flakes
Fruit & Juice

Chicken Fajitas
Vegetarian Broccoli Cheddar
Quiche, Rice
Broccoli & Red pepper

Eggplant Parmesan
Spaghetti
Sautéed Spinach

Valentine's Day Luncheon:
Roasted Turkey w/ Gravy
Stuffing
Green Beans Roll

Chicken Parmesan
Vegetarian:
Eggplant Parmesan
Italian Vegetables
Spaghetti

Fish Curry
Vegetarian:
Orzo Stuffed Peppers
Red Potato Wedges
Spinach

Chicken Fajitas
Vegetarian Broccoli
Cheddar Quiche
Rice
Cole Slaw

15

16

17

18

19

20

21

Oatmeal
Scrambled Eggs w/ Red pepper & onions
Fruit & Juice

CENTER CLOSED FOR PRESIDENTS DAY

Arroz con Gandules
Garden Salas

Beef Brisket
Vegetarian:
Eggplant Parmesan
Rice w/ Corn
Spinach

Chicken Burger
Vegetarian:
Sweet Potato Gumbo
Brussel Sprouts
French Fries

Baked Salmon
Vegetarian:
Chickpea Salad
Roasted Potato
California Blend

Chicken Parmesan
Vegetarian Eggplant Cutlets
Pasta Salad

22

23

24

25

26

27

28

Spinach & Feta Omelet
Bran Flakes
Home Fries
Fruit & Juice

Beef Salisbury Steak
Vegetarian
Tacos w/ Black Beans & Vegetable
Mash Potatoes
Green Salad

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

Chicken Caprese
Vegetarian:
Eggplant Parmesan
Spaghetti
Baby Spinach

Roast Pork
Brown Rice
Vegetarian:
Bean Chili
Italian Blend Veggies

Coconut Breaded Fish
Vegetarian:
Eggplant Cutlets
Beet Salad
Red Potatoes

Beef Salisbury Steak
Vegetarian
Broccoli Cheddar Quiche
Mashed Potatoes
Kale

*Menu subject to change

*Menu subject to change



WESTBETH OLDER ADULT CENTER | FEBRUARY 2026

LUNCH MENU 12-2PM

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

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

MONDAY
12pm - 2pm

TUESDAY
12pm - 2pm

WEDNESDAY
12pm - 2pm

THURSDAY
12pm - 2pm

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

SATURDAY
12pm - 2pm

1

2

Westbeth Closed
Visit other OAC

3

Chipotle Bean &
Veggie Chili
Brown Rice
Garden Salad

4

Deluxe
Cheeseburger w/
onions
Vegetarian
Veggie Soy
Burger
Cole slaw

5

**Lunar New Year
Holiday Lucheon**
Baked Salmon
Vegetarian
Lentil & Bean chili,
Rice
Green Beans
Almond Cookies

6

Homemade
Chicken Sausage
Scramble Eggs
w/ Swiss Cheese
Home Fries
Fruit & Juice

7

Chicken
Parmesan
Vegetarian
Whole Wheat
Baked Zit w/
Vegetables
Pasta
Spinach

8

Egg a la
Mexicana
(non-spicy)
Bran flakes
Fruit & Juice

9

Westbeth closed
Visit other OAC

10

Eggplant
Parmesan
w/ creamy Ricotta
Pasta
Spinach

11

**Valentine's
Day Lucheon**
Roasted Turkey w/
Gravy
Vegetarian
Falafel w/ Tahini
Sauce
Stuffing
Green Beans

12

Chicken
Parmesan
Vegetarian
Eggplant
Parmesan
Pasta
Vegetables

13

Bagel w/ Cream
Cheese
Scramble Egg w/
Peppers &
Tomatoes
Cereal
Fruit & Juice

14

Chicken Fajitas
Vegetarian
Broccoli
Cheddar Quiche
Rice
Cole Slaw

15

Oatmeal
Scrambled Eggs
w/ Red pepper &
onions
Fruit & Juice

16

**All Centers
Closed**
in Observance of
President's Day

17

Westbeth Closed
in Observance



18

Beef Brisket
w/ Tomatoes &
onions
Vegetarian
Eggplant
Parmesan
Rice w/ corn
Spinach

19

Salmon Garlic
Butter
Vegetarian
Sweet Potato
Gumbo
Yellow Rice
Mixed Vegetables

20

Blueberry
Pancake
Scramble Egg w/
Tomatoes
Homemade Pork
Sausage
Fruit & Juice

21

Chicken
Parmesan
Vegetarian
Eggplant Cutlets
Pasta
Salad

22

Spinach & Feta
Omelet
Bran Flakes
Home Fries
Fruit & Juice

23

Westbeth closed
Visit other OAC

24

Whole Wheat
Quesadillas with
Cheddar, Black
Beans, &
Vegetables

25

Chicken Caprese
Vegetarian
Eggplant
Parmesan
Pasta
Spinach

26

Coconut Breaded
Fish
Vegetarian
Vegetable, Black
Bean & corn
Enchilada
Rice
Mixed Vegetables

27

Omelet w/
Spinach
Roasted Sweet
Potato Hash
Homemade
Turkey Sausage
Fruit & Juice

28

Beef Salisbury
Steak
Vegetarian
Broccoli Cheddar
Quiche
Mashed Potatoes
Kale