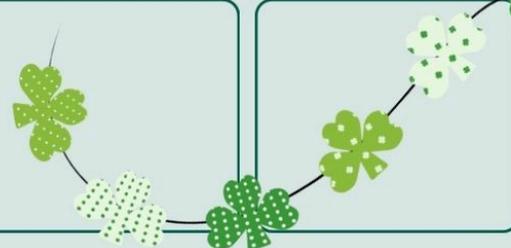




CENTER ON THE SQ. ADULT CENTER | MARCH 2026 (No brunch)

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 Baked Chicken Vegetarian Coconut Curry w/ Tofu Spaghetti Cucumber Salad	3 Vegetable Lasagna Beet Salad Green Salad	4 Roast Pork Brown Rice <u>Vegetarian:</u> Bean Chili Italian Blend Veggies	5 Baked Chicken Breast <u>Vegetarian</u> Eggplant Parmesan Rice Blend vegetables	6 Mango Fish <u>Vegetarian:</u> Baked Ziti Mashed Potatoes Spinach	7 Sesame Orange Chicken <u>Vegetarian</u> Coconut Curry w/ Tofu Spaghetti Cucumber Salad
8 Scrambled Eggs w/ Swiss cheese Oatmeal Fruit	9 Chicken Parm Rice <u>Vegetarian:</u> Veggie Stir Fry Broccoli	10 Eggplant Parmesan Pasta Spinach	11 Beef Meatloaf <u>Vegetarian:</u> Curried Jamaican Stew Red potatoes Sauteed string Beans	12 Chicken Caprese Vegetarian Vegetable Lasagna Rice Salad	13 Baked Salmon <u>Vegetarian:</u> Chickpea Salad Roasted Potato California Blend	14 Chicken Parmesan <u>Vegetarian</u> Eggplant Parmesan w/ Ricotta Pasta Broccoli
15	16 Patrick's Day Corned Beef Cabbage Potatoes 	17 Chipotle Bean & Vegetable Chili Brown rice Blend vegetables	18 Deluxe Cheeseburger <u>Vegetarian</u> Soy Burger potatoes Cole slaw	19 Baked Chicken Legs Rice and Beans Green Salad <u>Vegetarian:</u> Lentil Bean Chili	20 Baked Fish Italian Blend Veggies <u>Vegetarian:</u> Chipotle BBQ Jackfruit Orzo	21 Chicken Parmesan <u>Vegetarian</u> Whole Wheat Baked Ziti Pasta Spinach
22 Eggs Ala Mexicana Bran Flakes Cereal Banana	23 Beef Brisket <u>Vegetarian:</u> Broccoli Cheddar Quiche, Rice Broccoli & Red pepper	24 Eggplant Parmesan w/ Pasta Spinach	25 Spare Ribs Vegetarian Sancocho (Root vegetable stew) Black Beans w/ Rice Garden Salad	26 Chicken Parmesan <u>Vegetarian</u> Eggplant Parmesan Pasta Blend vegetables	27 Fish Curry <u>Vegetarian:</u> Orzo Stuffed Peppers Red Potato Wedges Spinach	28 Chicken Fajitas <u>Vegetarian</u> Broccoli Cheddar Quiche Broccoli & peppers Cole slaw
29	30 Vegetable Soup Chicken Cutlet <u>Vegetarian:</u> Eggplant Cutlets Cucumber & Chickpea Salad Beet Salad	31 Broccoli Cheddar Quiche Garden salad				



INDEPENDENCE PLAZA OLDER ADULT CENTER - MARCH 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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Westbeth, 12-2 PM
1 No Brunch	2 Sesame Orange Chicken Spaghetti Cucumber Salad <u>Vegetarian:</u> Coconut Curry w/ Tofu	3 Dominican Root Stew Beet Salad Mixed Green Salad	4 Roast Pork Brown Rice <u>Vegetarian:</u> Bean Chili Italian Blend Veggies	5 Baked Chicken Rice <u>Vegetarian:</u> Eggplant Parmesan Yams Blend Veggies	6 Mango Fish <u>Vegetarian:</u> Baked Ziti Mashed Potatoes Spinach	7 Sesame Orange Chicken <u>Vegetarian</u> Coconut Curry w/ Tofu Spaghetti Cucumber Salad
8 Scrambled Eggs w/ Swiss cheese Oatmeal Fruit	9 Baked Mushroom Chicken Rice <u>Vegetarian:</u> Veggie Stir Fry Broccoli	10 Eggplant Parmesan Spaghetti Sauteed Spinach	11 Beef Meatloaf <u>Vegetarian:</u> Curried Jamaican Stew Red potatoes Sauteed string Beans	12 Arroz Con Pollo Tossed Salad w/Dressing <u>Vegetarian:</u> Veggie Lasagna	13 Baked Salmon <u>Vegetarian:</u> Chickpea Salad Roasted Potato California Blend	14 Chicken Parmesan <u>Vegetarian</u> Eggplant Parmesan w/ Ricotta Pasta Broccoli
15 No Brunch	16 Chicken Cutlets Roasted Potatoes Sauteed Spinach <u>Vegetarian:</u> Baked Ziti	17  Patrick's Day Corned Beef Cabbage Potatoes	18 Deluxe Cheeseburger <u>Vegetarian</u> Soy Burger potatoes Cole slaw	19 Baked Chicken Rice and Beans Green Salad <u>Vegetarian:</u> Lentil Bean Chili	20 Baked Fish Italian Blend Veggies <u>Vegetarian:</u> Chipotle BBQ Jackfruit	21 Chicken Parmesan <u>Vegetarian</u> Whole Wheat Baked Ziti Pasta Spinach
22 Eggs Ala Mexicana Bran Flakes Cereal Banana	23 Chicken Fajitas <u>Vegetarian:</u> Broccoli Cheddar Quiche, Rice Broccoli & Red pepper	24 Eggplant Parmesan Pasta Sauteed Spinach	25 Pork Chops <u>Vegetarian:</u> Sancocho (Root vegetable stew) Black Beans w/ Rice Garden Salad	26 Chicken Parmesan <u>Vegetarian:</u> Eggplant Parmesan Italian Vegetables Spaghetti	27 Fish Curry <u>Vegetarian:</u> Orzo Stuffed Peppers Red Potato Wedges Spinach	28 Chicken Fajitas <u>Vegetarian</u> Broccoli Cheddar Quiche Broccoli & peppers Cole slaw
29 No Brunch	30 Vegetable Soup Chicken Cutlet <u>Vegetarian:</u> Eggplant Cutlets Cucumber & Chickpea Salad Beet Salad	31 Arroz con Gandules Garden Salas				



OUR LADY OF POMPEII OLDER ADULT CENTER - MARCH 2026

LUNCH MENU 12-2 PM

125 Carmine St., NY, NY 10014 | 212-989-3620

SUNDAY

Westbeth,
11:30 AM-1:30 PM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY
Westbeth, 12-2 PM

1

NO BRUNCH

2

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

3

Dominican
Root Stew
Beet Salad
Mixed Green
Salad

4

Roast Pork
Brown Rice
Vegetarian:
Bean Chili
Italian Blend
Veggies

5

Baked Chicken
Rice
Vegetarian:
Eggplant
Parmesan
Yams
Blend Veggies

6

Mango Fish
Vegetarian:
Baked Ziti
Mashed
Potatoes
Spinach

7

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

8

Scrambled
Eggs w/ Swiss
Cheese
Oatmeal
Fruit

9

Baked
Mushroom
Chicken
Rice
Vegetarian:
Veggie Stir Fry
Broccoli

10

Eggplant
Parmesan
Spaghetti
Sautéed
Spinach

11

Beef Meatloaf
Vegetarian :
Curried Jamaican
Stew
Red potatoes
Sautéed string
Beans

12

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

13

Baked Salmon
Vegetarian:
Chickpea Salad
Roasted Potato
California Blend

14

Chicken Parmesan
Vegetarian
Eggplant Parmesan
w/ Ricotta
Pasta
Broccoli

15

NO BRUNCH

16

Chicken Cutlets
Roasted Potatoes
Sautéed Spinach
Vegetarian:
Baked Ziti

17

Chipotle Bean
& Veggie Chili
Brown Rice
Garden Salad

18

St. Patrick's Day
Corned Beef
Cabbage
Potatoes

19

Baked Chicken
Rice and Beans
Green Salad
Vegetarian:
Lentil Bean Chili

20

Baked Fish
Italian Blend
Veggies
Vegetarian:
Chipotle BBQ
Jackfruit
Orzo

21

Chicken Parmesan
Vegetarian
Whole Wheat
Baked Ziti
Pasta
Spinach

22

Eggs Ala
Mexicana
Bran Flakes
Cereal
Banana

23

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

24

Eggplant
Parmesan
Pasta
Sautéed
Spinach

25

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

26

Chicken Parmesan
Vegetarian:
Eggplant Parmesan
Italian Vegetables
Spaghetti

27

Fish Curry
Vegetarian:
Orzo Stuffed
Peppers
Red Potato
Wedges
Spinach

28

Chicken Fajitas
Vegetarian
Broccoli Cheddar
Quiche
Broccoli & peppers
Cole Slaw

29

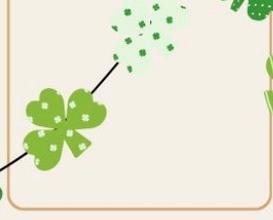
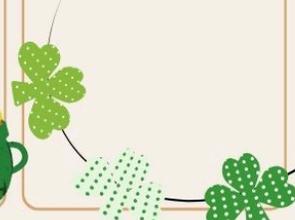
NO BRUNCH

30

Vegetable Soup
Chicken Cutlet
Vegetarian:
Eggplant Cutlets
Cucumber &
Chickpea Salad
Beet Salad

31

Arroz con
Gandules
Garden Salas



*Menu subject to change

*Menu subject to change



WESTBETH OLDER ADULT CENTER | MARCH 2026

LUNCH MENU

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

Westbeth Closed
Visit other OAC

2

Root Vegetable
Stew
Beet Salad
Green Salad

3

Baked Salmon
Vegetarian
Sweet potato & Red
bean Chili
Rice
Blend vegetables

4

Beef Lasagna
Vegetarian
Eggplant Parmesan
Pasta
Blend vegetables

5

Bagel w/
Cream Cheese
Scramble Eggs
Toasted Oats
Cereal
Fruit & Juice

6

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

7

8

Scrambled Eggs
w/ Swiss cheese
Oatmeal
Fruit

9

Westbeth Closed
Visit other OAC

10

Eggplant
Parmesan w/
Cashew Ricotta
Pasta
Spinach

11

St. Patrick's Day
Corned Beef
Cabbage
Potatoes

12

Chicken Breast
Vegetarian
Vegetable Lasagna
Rice
Salad

13

French Toast
Scramble Eggs
Turkey Sausage
Greek Yogurt
Fruit & Juice

14

Chicken Parmesan
Vegetarian
Eggplant Parmesan
w/ Ricotta
Pasta
Broccoli

15

Westbeth Closed
Visit other OAC

16

Chipotle Bean
& Vegetable Chili
Brown rice
Blend vegetables

17

Deluxe
Cheeseburger
Vegetarian
Soy Burger
potatoes
Cole slaw

18

Coconut Breaded
Fish
Vegetarian:
Eggplant Cutlets
Beet Salad
Red Potatoes

19

Scrambled Eggs
w/ Swiss
Home Fries
Chicken Sausage
Fruit & Juice

20

Chicken Parmesan
Vegetarian
Whole Wheat
Baked Ziti
Pasta
Spinach

21

22

Eggs Ala
Mexicana
Bran Flakes
Cereal
Banana

23

Westbeth Closed
Visit other OAC

24

Eggplant
Parmesan w/
Cashew Ricotta
Pasta
Spinach

25

Salmon
w/ Garlic Butter
Vegetarian
Broccoli Cheddar
Quiche
Yellow Rice
Salad

26

Chicken
Parmesan
Vegetarian
Eggplant Parmesan
Pasta
Blend vegetables

27

Bagel
Scrambled Eggs
w/ Peppers &
Mushrooms
Cheerios
Fruit & Juice

28

Chicken Fajitas
Vegetarian
Broccoli Cheddar
Quiche
Broccoli & peppers
Cole slaw

29

Westbeth Closed
Visit other OAC

30

Mexican style
Rice & Beans w/
Pigeon peas
Garden salad

31