



# WESTBETH OLDER ADULT CENTER | APRIL 2026

155 Bank St. NY, NY 10014 | Center Director, Ruby Ng | 212-255-5191 | [ssantiago@greenwichhouse.org](mailto:ssantiago@greenwichhouse.org)

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

**MONDAY**  
CLOSED

**TUESDAY**  
12pm - 2pm

**WEDNESDAY**  
12pm - 2pm

**THURSDAY**  
12pm - 2pm

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

**SATURDAY**  
12pm - 2pm

1  
Beef Brisket  
tomatoes & onions  
Vegetarian  
Eggplant Parmesan  
Rice w/ corn  
Spinach

2  
Baked Salmon  
Vegetarian  
Sweet potato  
Gumbo Rice  
Mixed Vegetables

3  
Blueberry  
Pancakes  
Turkey Sausage  
Scrambled Eggs  
w/ Peppers &  
Onions

4  
Chicken  
Parmesan  
Vegetarian  
Breaded Eggplant  
Cutlets  
Pasta  
Salad

5

6  
Westbeth Closed  
Visit other OAC

7  
General Tso's  
Tofu  
Lo Mein  
Toasted Broccol

8  
Easter/Passover  
Luncheon  
Chicken Breast  
Vegetarian  
Eggplant Parmesan  
Potatoes  
Zucchini & Matzo

9  
Coconut  
Breaded Fish  
Vegetarian  
Black bean & corn  
Enchilada  
White Rice  
Blend Vegetables

10  
Bagel  
Omelet w/  
Spinach  
Turkey Sausage

11  
Beef Lasagna  
Vegetarian  
Broccoli Cheddar  
Quiche  
Potatoes  
Kale

12  
Spinach & Feta Omelet  
Home fries  
Bran flakes

13  
Westbeth Closed  
Visit other OAC

14  
Vegetable  
Lasagna  
Mixed Green  
Salad

15  
Spanish Style  
Roast Pork  
Vegetarian  
Brown Rice  
Blend Vegetable

16  
Chicken Burrito  
Vegetarian  
Eggplant Parmesan  
Rice Pilaf  
Baked Yams  
Blend Vegetables

17  
Bagel w/ Cream  
Cheese  
Scramble Eggs  
Chicken Sausage

18  
Sesame Orange  
Chicken  
Vegetarian  
Coconut Curry w/  
Tofu  
Spaghetti  
Cucumber Salad

19

20  
Westbeth Closed  
Visit other OAC

21  
Eggplant  
Parmesan  
Pasta  
Sauteed Spinach

22  
Beef Meatloaf  
Vegetarian  
Curried Jamaican  
Stew  
Red potatoes  
String Beans

23  
Chicken Breast  
& Rice  
Vegetarian  
Whole wheat  
Lasagna  
Salad

24  
French Toast  
Turkey Sausage  
Scramble Egg w/  
Pepper and  
Tomatoes

25  
Chicken Parmesan  
Vegetarian  
Eggplant Parmesan  
Pasta  
Broccoli

26  
Scrambled Eggs  
w/ Swiss  
Oatmeal

27  
Westbeth Closed  
Visit other OAC

28  
Chipotle Bean &  
Veggie Chili  
Brown rice  
Salad

29  
Cheeseburger  
w/ onions  
Vegetarian  
Soy Burger  
Potatoes  
Cole slaw

30  
Baked Salmon  
Vegetarian  
Lentil & Bean Chili  
Rice & Beans  
Salad



# INDEPENDENCE PLAZA OLDER ADULT CENTER - APRIL 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 Beef Brisket Vegetarian: Eggplant Parmesan Rice w/ Corn Spinach	2 Chicken Burger Vegetarian: Sweet Potato Gumbo Brussel Sprouts French Fries	3 Baked Salmon Vegetarian: Chickpea Salad Roasted Potato California Blend	4 Chicken Parmesan Vegetarian Breaded Eggplant Pasta Green Salad
5 NO BRUNCH	6 TBD	7 General Tso's Tofu Lo Mein Toasted Broccoli	8 Chicken Caprese Vegetarian: Eggplant Parmesan Spaghetti Baby Spinach	9 Stewed Pork Rice Vegetarian: Veggie Casarole Italian Blend Veggies	10 Baked Salmon Vegetarian: Chickpea Salad Roasted Potato Broccoli	11 Beef Salisbury Steak Vegetarian Broccoli Cheddar Quiche Potatoes Kale
12 Spinach & Feta Omelet Home fries Bran flakes	13 Sesame Orange Chicken Spaghetti Cucumber Salad Vegetarian: Coconut Curry w/ Tofu	14 Dominican Root Stew Beet Salad Mixed Green Salad	15 Stewed Pork Brown Rice Vegetarian: Bean Chili Italian Blend Veggies	16 Baked Chicken Rice Vegetarian: Eggplant Parmesan Yams Blend Veggies	17 SPRING LUNCH Chicken Breast Roasted Potatoes Zucchini Matzo	18 Sesame Orange Chicken Vegetarian Coconut Curry w/ Tofu Spaghetti Cucumber salad
19 NO BRUNCH	20 Baked Mushroom Chicken Rice Vegetarian: Veggie Stir Fry Broccoli	21 Eggplant Parmesan Spaghetti Sauteed Spinach	22 Beef Meatloaf Vegetarian: Curried Jamaican Stew Red potatoes Sauteed string Beans	23 Arroz Con Pollo Tossed Salad w/Dressing Vegetarian: Veggie Lasagna	24 Baked Salmon Vegetarian: Chickpea Salad Roasted Potato Broccoli	25 Chicken Parmesan Vegetarian Eggplant Parmesan Pasta Broccoli
26 Scrambled Eggs w/ Swiss Oatmeal	27 Chicken Cutlets Roasted Potatoes Sauteed Spinach Vegetarian: Baked Ziti	28 Chipotle Bean & Veggie Chili Brown Rice Garden Salad	29 Cheeseburger w/ Onions Fries Cole Slaw Vegetarian: Soy Burger	30 Pork Chops Vegetarian: Sancocho (Root veg stew) Blk Beans w/ Rice Garden Salad		



# OUR LADY OF POMPEII OLDER ADULT CENTER - APRIL 2026

## LUNCH MENU 12-2 PM

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

### SUNDAY

Westbeth,  
11:30 AM-1:30 PM

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY Westbeth, 12-2 PM



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2

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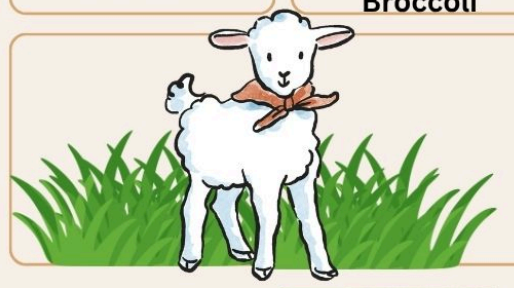
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27

28

29

30



NO BRUNCH

Spinach & Feta  
Omelet  
Home fries  
Bran flakes

NO BRUNCH

Scrambled  
Eggs w/ Swiss  
Oatmeal

**SPRING LUNCH**  
Chicken Breast  
Roasted Potatoes  
Zucchini  
Matzo

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

Baked  
Mushroom  
Chicken  
Rice  
Vegetarian:  
Veggie Stir Fry  
Broccoli

Chicken Cutlets  
Roasted Potatoes  
Sauteed Spinach  
Vegetarian:  
Baked Ziti

General Tso's  
Tofu  
Lo Mein  
Toasted  
Broccoli

Dominican  
Root Stew  
Beet Salad  
Mixed Green  
Salad

Eggplant  
Parmesan  
Spaghetti  
Sauteed  
Spinach

Chipotle Bean  
& Veggie Chili  
Brown Rice  
Garden Salad

Beef Brisket  
Vegetarian:  
Eggplant  
Parmesan  
Rice w/ Corn  
Spinach

Chicken Caprese  
Vegetarian:  
Eggplant Parmesan  
Spaghetti  
Baby Spinach

Stewed Pork  
Brown Rice  
Vegetarian:  
Bean Chili  
Italian Blend  
Veggies

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

Cheeseburger  
w/ Onions  
Fries  
Cole Slaw  
Vegetarian:  
Soy Burger

Chicken Burger  
Vegetarian:  
Sweet Potato  
Gumbo  
Brussel Sprouts  
French Fries

Stewed Pork  
Rice  
Vegetarian:  
Veggie Casarole  
Italian Blend  
Veggies

Baked Chicken  
Rice  
Vegetarian:  
Eggplant  
Parmesan  
Yams  
Blend Veggies

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

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

Baked Salmon  
Vegetarian:  
Chickpea Salad  
Roasted Potato  
California Blend

Baked Salmon  
Vegetarian:  
Chickpea Salad  
Roasted Potato  
Broccoli

Mango Fish  
Vegetarian:  
Baked Ziti  
Mashed  
Potatoes  
Spinach

Baked Salmon  
Vegetarian:  
Chickpea Salad  
Roasted Potato  
Broccoli

Chicken  
Parmesan  
Vegetarian  
Breaded Eggplant  
Pasta  
Green Salad

Beef Salisbury  
Steak  
Vegetarian  
Broccoli Cheddar  
Quiche  
Potatoes  
Kale

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

Chicken  
Parmesan  
Vegetarian  
Eggplant  
Parmesan  
Pasta  
Broccoli

\*Menu subject to change



# CENTER ON THE SQ. ADULT CENTER | APRIL 2026

## LUNCH MENU 12-2 PM

(No brunch)

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 Brisket  
Vegetarian:  
Eggplant  
Parmesan  
Rice w/ Corn  
Spinach

2  
Chicken Burger  
Vegetarian:  
Sweet Potato  
Gumbo  
Brussel Sprouts  
French Fries

3  
Baked Salmon  
Vegetarian:  
Chickpea Salad  
Roasted Potato  
California Blend

4  
Chicken  
Parmesan  
Vegetarian  
Breaded  
Eggplant  
Pasta  
Green Salad

5

6  
Beef Lasagna  
Vegetarian:  
Veggie  
Vegetable  
Lasagna  
Spinach

7  
General Tso's  
Tofu  
Lo Mein  
Toasted  
Broccoli

8  
Chicken Caprese  
Vegetarian:  
Eggplant  
Parmesan  
Spaghetti  
Baby Spinach

9  
**EASTER/ PASSOVER  
LUNCH**  
Chicken Breast  
Roasted Potatoes  
Zucchini  
Matzo

10  
Baked Salmon  
Vegetarian:  
Chickpea Salad  
Roasted Potato  
Broccoli

11  
Beef Salisbury  
Steak  
Vegetarian  
Broccoli Cheddar  
Quiche  
Potatoes  
Kale

12

Spinach & Feta  
Omelet  
Home fries  
Bran flakes

13  
Sesame Orange  
Chicken  
Spaghetti  
Cucumber Salad  
Vegetarian:  
Coconut Curry w/  
Tofu

14  
Soy burger w  
Onions  
French Fries  
Mixed Green  
Salad

15  
Chicken Parm  
Pasta  
Vegetarian:  
Bean Chili  
Peas & Carrots

16  
Baked Chicken  
Rice  
Vegetarian:  
Eggplant  
Parmesan  
Yams  
Blend Veggies

17  
Mango Fish  
Vegetarian:  
Baked Ziti  
Mashed  
Potatoes  
Spinach

18  
Sesame Orange  
Chicken  
Vegetarian  
Coconut Curry w/  
Tofu  
Spaghetti  
Cucumber salad

19

20  
Baked Chicken  
Legs  
Rice  
Vegetarian:  
Veggie Stir Fry  
Broccoli

21  
Eggplant  
Parmesan  
Spaghetti  
Sauteed  
Spinach

22  
Beef Meatloaf  
Vegetarian :  
Curried Jamaican  
Stew  
Red potatoes  
Sauteed string  
Beans

23  
Spare Ribs  
Tossed Salad  
w/Dressing  
Vegetarian:  
Veggie Lasagna

24  
Baked Salmon  
Vegetarian:  
Eggplant Parm  
Roasted Potato  
Broccoli

25  
Chicken  
Parmesan  
Vegetarian  
Eggplant  
Parmesan  
Pasta  
Broccoli

26

Scrambled Eggs  
w/ Swiss  
Oatmeal

27  
Chicken Cutlets  
Roasted Potatoes  
Sauteed Spinach  
Vegetarian:  
Baked Ziti

28  
Broccoli  
Cheddar  
Quiche  
Brown Rice  
Garden Salad

29  
Cheeseburger  
w/ Onions  
Fries  
Cole Slaw  
Vegetarian:  
Soy Burger

30  
Roast Pork  
Vegetarian:  
Sancocho  
(Root veg stew)  
Blk Beans w/ Rice  
Garden Salad

