



WESTBETH OLDER ADULT CENTER | JUNE 2026

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
CLOSED

Westbeth Closed
Visit other OAC

TUESDAY
12pm - 2pm

Eggplant Parmesan
Pasta
Sauteed Spinach

WEDNESDAY
12pm - 2pm

Beef Meatloaf
Vegetarian
Curried Jamaican
Stew

THURSDAY
12pm - 2pm

Chicken Breast
Rice
Vegetarian
Whole_Wheat
Vegetable Lasagna
Tossed Salad

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

Banana French
Toast Casserole
Non-fat Greek
Yogurt
Fruit

SATURDAY
12pm - 2pm

Chicken Parmesan
Vegetarian
Eggplant Parmesean
Pasta
Broccoli

7

Westbeth Closed
Visit other OAC

8

Chipotle Bean &
Veggie Chili
Brown rice
Mixed green Salad

10

Deluxe
Cheesburger
Vegetarian
Soy Burger
Potatoes
Cole Slaw

11

Baked Salmon
Vegetarian
Lentil & Bean Chili
Rice & beans
Mixed Green Salad

12

Scrambled Eggs w/
Swiss cheese
Home Fries
Chicken Sausage
Fruit

13

Chicken Parmesan
Vegetarian
Eggplant Parmesan
Pasta
Broccoli

14

Eggs a la Mexicana
Bran Flakes Cereal
Milk
Wheat Bread
Fruit

15

Westbeth Closed
Visit other OAC

Eggplant
Parmesean w/
Ricotta
Pasta
Sauteed Spinach

17

Roasted Turkey
Vegetarian
Baked Falafel
Green Bean salad
Whole Grain
Stuffing

18

Chicken Parmesan
Vegetarian
Eggplant
Parmesean
Pasta
Spinach Salad

19

Juneteenth
Centers Closed

20

Chicken Fajitas
Vegetarian
Broccoli cheddar
Quiche
Rice
Cole slaw

21

HAPPY
Father's
DAY

Westbeth Closed
Visit other OAC

22

Mexican style rice
& pigeon peas
Corn w/ Red
peppers
Mixed Vegetables

24

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

25

Baked Salmon
Vegetarian
Sweet potato
Gumbo
Rice
Mixed vegetables

26

Blueberry Pancake
Scrambled Eggs w/
Peppers &
Mushrooms
Pork Sausage Patty
Fruit

27

Chicken Parmesan
Vegetarian
Breaded Eggplant
Cutlets
Pasta
Green Salad

28

Spinach & Feta
Omelet
Home Fries
Bran Flakes Cereal
Milk
Wheat Bread
Fruit

29

Westbeth Closed
Visit other OAC

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

30



INDEPENDENCE PLAZA OLDER ADULT CENTER - JUNE 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
	Baked Mushroom Chicken White Rice Broccoli with Garlic <u>Vegetarian</u> Tofu and Veggie Stir-Fry 1	Eggplant Parmesan Pasta Sauteed Spinach 2	Beef Meatloaf <u>Vegetarian</u> Curried Jamaican Stew 3	Chicken Breast Rice <u>Vegetarian</u> Whole_Wheat Vegetable Lasagna Tossed Salad 4	Baked Salmon Baked Potato Roasted Broccoli <u>Vegetarian</u> Summer Chickpea and Veggie Salad 5	Chicken Parmesean Vegetarian Eggplant Parmesan Pasta Broccoli 6
NO BRUNCH 7	Baked Chicken Roasted Potatoes Spinach <u>Vegetarian</u> Baked Ziti w. Vegetables 8	Chipotle Bean & Veggie Chili Brown rice Mixed green Salad 9	Deluxe Cheesburger <u>Vegetarian</u> Soy Burger Potatoes Cole Slaw 10	Spanish Style Baked Chicken Rice and Beans Mixed Green Salad <u>Vegetarian</u> Lentil/Bean Chili 11	Baked Fish w. lemon garlic butter sauce Orzo Italian Blend Vegetables <u>Vegetarian</u> Chipolte BBQ Pulled Jackfruit 12	Chicken Parasean Vegetarian Eggplant Parmesean Pasta Broccoli 13
Eggs a la Mexicana Bran Flakes Cereal Milk Wheat Bread Fruit 14	Chicken Fajitas Yellow Rice Cole Slaw <u>Vegetarian</u> Broccoli Cheddar Quiche 15	Eggplant Parmesean w/ Ricotta Pasta Sauteed Spinach 16	Baked Pork Chops Brown Rice w. Beans Garden Salad <u>Vegetarian</u> Broccoli Cheddar Quiche 17	Chicken Parmesan <u>Vegetarian</u> Eggplant Parmesean Pasta Spinach Salad 18	Juneteenth Centers Closed 19	Chicken Fajitas Vegetarian Broccoli,cheddar Quiche Rice Cole slaw 20
NO BRUNCH 21	Vegetable Soup Baked Chicken Pasta Beet/Chickpea Salad <u>Vegetarian</u> Eggplant 22	Mexican style rice & pigeon peas Corn w/ Red peppers Mixed Vegetables 23	Beef Brisket w/ tomatoes & onions <u>Vegetarian</u> Eggplant Parmesan w/ Ricotta Rice w/corn Steamed Spinach 24	Chicken Burger Brussell Sprouts French Fries <u>Vegetarian</u> Gumbo 25	Salmon w. Lemon Roasted Potatoes California Blend Vegetables <u>Vegetarian</u> Veggie Salad 26	Chicken Parmesan Vegetarian Breaded Eggplant Cutlets Pasta Green Salad 27
Spinach & Feta Omelet Home Fries Bran Flakes Cereal 28	Beef Salisbury Steak Mashed Potatoes Green Salad <u>Vegetarian</u> Bean and Veggie Taco 29	General Tso's Tofu Vegetable Lo Mein Broccoli w. Garlic 30				



OUR LADY OF POMPEII OLDER ADULT CENTER - JUNE 2026

LUNCH MENU 12-2 PM

25 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

Baked Mushroom **1**
Chicken
White Rice
Broccoli with Garlic
Vegetarian
Tofu and Veggie
Stir-Fry

2
Eggplant Parmesan
Pasta
Sauteed Spinach

3
Beef Meatloaf
Vegetarian
Curried Jamaican
Stew

4
Chicken Breast
Rice
Vegetarian
Whole_Wheat
Vegetable Lasagna
Tossed Salad

5
Baked Salmon
Baked Potato
Roasted Broccoli
Vegetarian
Summer Chickpea
and Veggie Salad

6
Chicken Parmesean
Vegetarian
Eggplant Parmesan
Pasta
Broccoli

7
Baked Chicken **8**
Roasted Potatoes
Spinach
Vegetarian
Baked Ziti w.
Vegetables

9
Chipotle Bean &
Veggie Chili
Brown rice
Mixed green Salad

10
Deluxe
Cheesburger
Vegetarian
Soy Burger
Potatoes
Cole Slaw

11
Spanish Style Baked
Chicken
Rice and Beans
Mixed Green Salad
Vegetarian
Lentil/Bean Chili

12
Baked Fish w. lemon
garlic butter sauce
Orzo
Italian Blend Vegetables
Vegetarian
Chipolte BBQ Pulled
Jackfruit

13
Chicken Parasean
Vegetarian
Eggplant Parmesean
Pasta
Broccoli

14
Eggs a la
Mexicana
Bran Flakes
Cereal
Banana

15
Chicken Fajitas
Yellow Rice
Cole Slaw
Vegetarian
Broccoli Cheddar
Quiche

16
Eggplant
Parmesean w/
Ricotta
Pasta
Sauteed Spinach

17
Baked Pork Chop
Brown Rice w.
Beans
Garden Salad
Vegetarian
Broccoli Cheddar
Quiche

18
Chicken Parmesan
Vegetarian
Eggplant
Parmesean
Pasta
Spinach Salad

19
**Juneteenth
Centers
Closed**

20
Chicken Fajitas
Vegetarian
Broccoli,cheddar
Quiche
Rice
Cole slaw

21
Vegetable Soup **22**
Baked Chicken
Pasta
Beet/Chickpea
Salad
Vegetarian
Eggplant

23
Mexican style rice
& pigeon peas
Corn w/ Red
peppers
Mixed Vegetables

24
Beef Brisket
w/ tomatoes & onions
Vegetarian
Eggplant Parmesan
w/ Ricotta
Rice w/corn
Steamed Spinach

25
Chicken Burger
Brussell Sprouts
French Fries
Vegetarian
Gumbo

26
Salmon w. Lemon
Roasted Potatoes
California Blend
Vegetables
Vegetarian
Veggie Salad

27
Chicken
Parmesan
Vegetarian
Breaded Eggplant
Cutlets
Pasta
Green Salad

28
Spinach & Feta
Omelet
Home Fries
Bran Flakes
Cereal

29
Beef Salisbury
Steak
Mashed Potatoes
Green Salad
Vegetarian
Bean and Veggie
Taco

30
General Tso's Tofu
Vegetable Lo Mein
Broccoli w. Garlic



*Father's
day*
NO BRUNCH



CENTER ON THE SQ. ADULT CENTER | JUNE 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
	<p>1 Baked Mushroom Chicken White Rice Broccoli with Garlic <u>Vegetarian</u> Tofu and Veggie Stir-Fry</p>	<p>2 Eggplant Parmesan Pasta Sauteed Spinach</p>	<p>3 Beef Meatloaf <u>Vegetarian</u> Curried Jamaican Stew</p>	<p>4 Chicken Breast Rice <u>Vegetarian</u> Whole_Wheat Vegetable Lasagna Tossed Salad</p>	<p>5 Baked Salmon Baked Potato Roasted Broccoli <u>Vegetarian</u> Summer Chickpea and Veggie Salad</p>	<p>6 Chicken Parmesean Vegetarian Eggplant Parmesan Pasta Broccoli</p>
<p>7 NO BRUNCH</p>	<p>8 Baked Chicken Roasted Potatoes Spinach <u>Vegetarian</u> Baked Ziti w. Vegetables</p>	<p>9 Chipotle Bean & Veggie Chili Brown rice Mixed green Salad</p>	<p>10 Deluxe Cheesburger <u>Vegetarian</u> Soy Burger Potatoes Cole Slaw</p>	<p>11 Spanish Style Baked Chicken Rice and Beans Mixed Green Salad <u>Vegetarian</u> Lentil/Bean Chili</p>	<p>12 Baked Fish w. lemon garlic butter sauce Orzo Italian Blend Vegetables <u>Vegetarian</u> Chipolte BBQ Pulled Jackfruit</p>	<p>13 Chicken Parasean Vegetarian Eggplant Parmesean Pasta Broccoli</p>
<p>14 Eggs a la Mexicana Bran Flakes Cereal Milk Wheat Bread Fruit</p>	<p>15 Chicken Fajitas Yellow Rice Cole Slaw <u>Vegetarian</u> Broccoli Cheddar Quiche</p>	<p>16 Eggplant Parmesean w/ Ricotta Pasta Sauteed Spinach</p>	<p>17 Baked Pork Chops Brown Rice w. Beans Garden Salad <u>Vegetarian</u> Broccoli Cheddar Quiche</p>	<p>18 Chicken Parmesan <u>Vegetarian</u> Eggplant Parmesean Pasta Spinach Salad</p>	<p>19 Juneteenth Centers Closed</p>	<p>20 Chicken Fajitas Vegetarian Broccoli,cheddar Quiche Rice Cole slaw</p>
<p>21 NO BRUNCH</p>	<p>22 Vegetable Soup Baked Chicken Pasta Beet/Chickpea Salad <u>Vegetarian</u> Eggplant</p>	<p>23 Mexican style rice & pigeon peas Corn w/ Red peppers Mixed Vegetables</p>	<p>24 Beef Brisket w/ tomatoes & onions <u>Vegetarian</u> Eggplant Parmesan w/ Ricotta Rice w/corn Steamed Spinach</p>	<p>25 Chicken Burger Brussell Sprouts French Fries <u>Vegetarian</u> Gumbo</p>	<p>26 Salmon w. Lemon Roasted Potatoes California Blend Vegetables <u>Vegetarian</u> Veggie Salad</p>	<p>27 Chicken Parmesan Vegetarian Breaded Eggplant Cutlets Pasta Green Salad</p>
<p>28 Spinach & Feta Omelet Home Fries Bran Flakes Cereal</p>	<p>29 Beef Salisbury Steak Mashed Potatoes Green Salad <u>Vegetarian</u> Bean and Veggie Taco</p>	<p>30 General Tso's Tofu Vegetable Lo Mein Broccoli w. Garlic</p>				