



WESTBETH OLDER ADULT CENTER | MAY 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

All meals include
bread & 1% milk

No brunch

No brunch

Spinach Omelette
Home Fries
Bran Flakes
Fruit & Juice

No brunch

Oatmeal
Scrambled Eggs
with Swiss
Fruit & Juice

MONDAY
CLOSED

TUESDAY
12pm - 2pm

WEDNESDAY
12pm - 2pm

THURSDAY
12pm - 2pm

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

SATURDAY
12pm - 2pm

Westbeth Closed
Visit other OAC

Westbeth Closed
Visit other OAC

Westbeth Closed
Visit other OAC

MEMORIAL DAY
ALL CENTERS
CLOSED

Eggplant Parmesan
Pasta
Spinach

Mexican Style
Brown Rice w/
Pigeon Peas
Garden Salad

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

Westbeth Closed
in Observance of
Memorial Day

Pork Chops
Vegetarian
Sweet Potato
Gumbo
Black Beans Rice
Garden Salad

Beef Brisket
Vegetarian
Eggplant parmesan
Pasta
Steamed Spinach

Chicken Caprese
Vegetarian
Eggplant Parm
Spaghetti
Spinach Salad

Celebrate Older
Americans Month
Vegetarian
Roast Beef
Potato & Bean Chili
Mashed Potatoes
Green Beans

Chicken Parmesan
Vegetarian
Eggplant Parmesan
Pasta
Blend vegetables

Baked Salmon
Vegetarian
Sweet Potato
Gumbo
Yellow rice
Mixed vegetables

Bake Fish
Vegetarian
Black bean & Corn
Casserole
White Rice
Italian Blend
Vegetables

Baked Chicken
Breasts
Vegetarian
Eggplant Parmesan
Rice Pilaf
Blend vegetables

Bagel
Tuna Salad
Fruit & Juice

Blueberry Pancake
Scramble Eggs w/
Tomatoes
Turkey Sausage
Fruit & Juice

Bagel
Chicken Salad
Fruit & Juice

French Toast
Scramble Eggs w/
Spinach
Chicken Sausage
Fruit & Juice

Bagel w/ Cream
Cheese
Scramble Eggs w/
Peppers
Fruit & Juice

Chicken
Parmesan
Vegetarian
Eggplant Parmesan
Pasta
Spinach

Chicken Fajita
Vegetarian:
Broccoli Cheddar
Quiche
Yellow Rice
Broccoli & Red
peppers

Chicken Parmesan
Vegetarian
Eggplant Parmesan
Pasta
Green Salad

Beef Salisbury
Steak
Vegetarian
Broccoli Cheddar
Quiche
Mashed Potatoes
Kale Salad

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





INDEPENDENCE PLAZA OLDER ADULT CENTER - MAY 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

NO BRUNCH

NO BRUNCH

NO BRUNCH

Oatmeal
Scrambled Eggs
with Swiss
Juice, Milk &
Bread

3

4
Chicken Fajitas
Vegetarian:
Broccoli
Cheddar
Quiche, Rice
Broccoli & Red
pepper

11
Vegetable Soup
Chicken Cutlet
Pasta
Beet Salad
Chickpea Salad
Vegetarian:
Breaded Eggplant

18
Beef Salisbury
Steak
Vegetarian
Tacos w/ Black
Beans
Mash Potatoes
Green Salad

25
**MEMORIAL
DAY
CENTER
CLOSED**

5

5
Eggplant
Parmesan
Pasta
Spinach

12
Arroz con
Gandules
Garden Salas

19
General Tso's
Tofu Vegetable
Lo Mein
Broccoli w/
Garlic

26
Dominican
Root Stew
Beet Salad
Mixed Green
Salad

6

6
Pork Chops
Vegetarian:
Sancocho
(Root veg stew)
Blk Beans w/ Rice
Garden Salad

13
Beef Brisket
Vegetarian:
Eggplant
Parmesan
Rice w/ Corn
Spinach

20
Baked Chckn
Legs; Rice
Vegetarian: Veg
Enchilada
Ital Blend Veggies

27
Roast Pork
Brown Rice
Vegetarian:
Bean Chili
Italian Blend
Veggies

7

7
Chicken
Parmesan
Vegetarian
Eggplant
Parmesan
Pasta
Blend vegetables

14
Chicken Burger
Vegetarian:
Sweet Potato
Gumbo
Brussel Sprouts
French Fries

21
Pork Chops
Rice
Vegetarian:
Vegetable
Enchilada
Italian Blend
Veggies

28
Baked Chicken
Rice
Vegetarian:
Eggplant
Parmesan
Yams
Blend Veggies

1
Baked Fish
Italian Blend
Veggies
Vegetarian:
Chipotle BBQ
Jackfruit
Orzo

8
Fish Curry
Vegetarian:
Orzo Stuffed
Peppers
Red Potato Wedges
Spinach

15
Summer Kick Off!
Roast Beef
Green Beans
Mashed Potatoes
Dinner Rolls

22
Coconut
Breaded Fish
Vegetarian:
Eggplant Cutlets
Beet Salad
Red Potatoes

29
Mango Fish
Vegetarian:
Baked Ziti
Mashed Potatoes
Spinach

2
Chicken
Parmesan
Vegetarian
Eggplant Parmesan
Pasta
Spinach

9
Chicken Fajita
Vegetarian:
Broccoli Cheddar
Quiche
Yellow Rice
Broccoli & Red
peppers

16
Chicken Parmesan
Vegetarian
Eggplant Parmesan
Pasta
Green Salad

23
Beef Salisbury
Steak
Vegetarian
Broccoli Cheddar
Quiche
Mashed Potatoes
Kale Salad

30
Sesame Orange
Chicken
Vegetarian
Coconut Curry
w/ Tofu
Spaghetti
Cucumber Salad





OUR LADY OF POMPEII OLDER ADULT CENTER - MAY 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



NO BRUNCH

3



NO BRUNCH

10

Spinach Omelette
Home Fries
Bran Flakes
Juice, Milk & Bread

17

NO BRUNCH

24



Oatmeal
Scrambled Eggs
with Swiss
Juice, Milk & Bread

31

 **MEMORIAL DAY**
CENTER CLOSED

25

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

5

**Eggplant
Parmesan
Pasta
Spinach**

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

6

**Chicken
Parmesan**
Vegetarian
Eggplant
Parmesan
Pasta
Blend vegetables

7

Baked Fish
Italian Blend
Veggies
Vegetarian:
Chipotle BBQ
Jackfruit
Orzo

1

Fish Curry
Vegetarian:
Orzo Stuffed
Peppers
Red Potato Wedges
Spinach

8

**Chicken
Parmesan
Vegetarian**
Eggplant Parmesan
Pasta
Spinach

2

Chicken Fajita
Vegetarian:
Broccoli Cheddar
Quiche
Yellow Rice
Broccoli & Red
peppers

9

Vegetable Soup
Chicken Cutlet
Pasta
Beet Salad
Chickpea Salad
Vegetarian:
Breaded Eggplant

12

**Arroz con
Gandules
Garden Salas**

Beef Brisket
Vegetarian:
Eggplant
Parmesan
Rice w/ Corn
Spinach

13

Chicken Burger
Vegetarian:
Sweet Potato
Gumbo
Brussel Sprouts
French Fries

14

Baked Salmon
Vegetarian:
Chickpea Salad
Roasted Potato
California Blend

15

Chicken Parmesan
Vegetarian
Eggplant Parmesan
Pasta
Green Salad

16

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

19

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

**Celebrate Older
Americans Month**
Roast Beef
Green Beans
Mashed Potatoes
Dinner Roll

20

Pork Chops
Rice
Vegetarian:
Vegetable
Enchilada
Italian Blend
Veggies

21

Coconut
Breaded Fish
Vegetarian:
Eggplant Cutlets
Beet Salad
Red Potatoes

22

Beef Salisbury
Steak
Vegetarian
Broccoli Cheddar
Quiche
Mashed Potatoes
Kale Salad

23

**Dominican
Root Stew
Beet Salad
Mixed Green
Salad**

26

Roast Pork
Brown Rice
Vegetarian:
Bean Chili
Italian Blend
Veggies

27

Baked Chicken
Rice
Vegetarian:
Eggplant
Parmesan
Yams
Blend Veggies

28

Mango Fish
Vegetarian:
Baked Ziti
Mashed Potatoes
Spinach

29

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

30



CENTER ON THE SQ. ADULT CENTER | MAY 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


NO BRUNCH


NO BRUNCH

Spinach Omelette
Home Fries
Bran Flakes
Juice, Milk & Bread

NO BRUNCH


Oatmeal
Scrambled Eggs
with Swiss
Juice, Milk & Bread

MONDAY



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

Vegetable Soup
Chicken Cutlet
Pasta
Beet Salad
Chickpea Salad
Vegetarian:
Breaded Eggplant

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


MEMORIAL DAY
CENTER CLOSED

TUESDAY



No Cheese
Spring
Vegetable
Lasagna
Spinach

Arroz con
Gandules
Garden
Salad

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

Dominican
Root Stew
Beet Salad
Mixed Green
Salad

WEDNESDAY



Spare Ribs
Vegetarian:
Sancocho
(Root veg stew)
Blk Beans w/ Rice
Garden Salad

Beef Brisket
Vegetarian:
Eggplant
Parmesan
Rice w/ Corn
Spinach

Baked Chicken
Legs
Rice
Vegetarian:
Vegetable Enchilada
Italian Blend
Veggies

Roast Pork
Brown Rice
Vegetarian:
Bean Chili
Italian Blend
Veggies

THURSDAY



Chicken
Parmesan
Vegetarian
Eggplant
Parmesan
Pasta
Blend vegetables

Chicken Burger
Vegetarian:
Sweet Potato
Gumbo
Brussel Sprouts
French Fries

Celebrate Older Americans Month
Roast Beef
Green Beans
Mashed Potatoes
Dinner Roll

Baked Chicken
Rice
Vegetarian:
Eggplant
Parmesan
Yams
Blend Veggies

FRIDAY

Baked Fish
Italian Blend
Veggies
Vegetarian:
Chipotle BBQ
Jackfruit
Orzo

Fish Curry
Vegetarian:
Orzo Stuffed
Peppers
Red Potato
Wedges
Spinach

Baked Salmon
Vegetarian:
Chickpea Salad
Roasted Potato
California Blend

Coconut
Breaded Fish
Vegetarian:
Eggplant Cutlets
Beet Salad
Red Potatoes

Mango Fish
Vegetarian:
Baked Ziti
Mashed Potatoes
Spinach

SATURDAY
Westbeth, 12-2 PM

Chicken
Parmesan
Vegetarian
Eggplant Parmesan
Pasta
Spinach

Chicken Fajita
Vegetarian:
Broccoli Cheddar
Quiche
Yellow Rice
Broccoli & Red
peppers

Chicken Parmesan
Vegetarian
Eggplant Parmesan
Pasta
Green Salad

Beef Salisbury
Steak
Vegetarian
Broccoli Cheddar
Quiche
Mashed Potatoes
Kale Salad

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