



# WESTBETH OLDER ADULT CENTER | JULY 2026

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

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

**MONDAY**  
CLOSED

**TUESDAY**  
CLOSED

**WEDNESDAY**  
12pm - 2pm

**THURSDAY**  
12pm - 2pm

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

**SATURDAY**  
12pm - 2pm



1  
Beef & Broccoli  
Collar Green  
Brown Rice  
Vegetarian  
Crispy Tofu

2  
Turkey Drumstick  
Vegetarian  
Chickpea Curry  
Medley  
Baked Potato  
Blend Vegetables

3  
-Banana French  
Toast w/ Whole  
Wheat Bread  
-Fish Cake  
-Apple

4  
  
**Center Closed**  
**in Observance of**  
**Independence**  
**Day**

5  
**NO BRUNCH**

6  
**Westbeth Closed**  
**Visit other OAC**

7  
**Westbeth Closed**  
**Visit other OAC**

  
8  
Chipotle Bean &  
Veggie Chili  
Rice  
California Blend  
Vegetables

9  
Baked Turkey  
Meatballs  
Vegetarian  
Lentil & Mushroom  
Pasta  
Spinach & Salad  
Kidney Beans

10  
-Scrambled Egg  
Peppers &  
Mushrooms  
-Chicken Sausage  
-Home Fries  
-Apple

11  
Fish Curry  
Vegetarian  
Eggplant & Lentil  
Curry Delight  
Potatoes  
String Beans

12  
Breaded Chickpea  
Boiled Egg  
Raisin Bran  
Yogurt Parfait w/  
Blueberries  
Banana  
Juice

13  
**Westbeth Closed**  
**Visit other OAC**

14  
**Westbeth Closed**  
**Visit other OAC**

15  
Eggplant Chickpea  
Tagine  
Collard Greens w/  
Tomato

16  
Pumpkin Turkey  
Vegetarian  
Lentil, Spinach &  
Brown Rice Stew  
Broccoli w/  
Mushrooms &  
Onions

17  
-Scrambled Egg  
Red Peppers &  
Onions  
-Whole Wheat  
Bagel w/ Cream  
Cheese  
-Greek Yogurt

18  
Parmesan  
Baked Fish  
Vegetarian  
White Bean, Eggplant  
& Tomato  
Spinach w/ Kidney  
Beans & Lemon  
Potato

19  
Oatmeal  
Spinach,  
Vegetable, &  
Cheddar Frittata  
Banana  
Juice

20  
**Westbeth Closed**  
**Visit other OAC**

21  
**Westbeth Closed**  
**Visit other OAC**

22  
Eggplant Parmesan  
w/ Cashew Ricotta  
Cabbage Beet  
Salad

23  
Turkey Burger  
Vegetarian  
Eggplant Parm w/  
Cashew Ricotta  
Beet & Black Bean  
Salad  
Sweet Potato Fries

24  
-Blueberry Pancake  
-Chicken Sausage  
-Canned Pears

25  
Baked Fish w/  
Black Bean Sauce  
Vegetarian  
Chipotle Bean &  
Veggie Chili  
Brussels Sprouts  
Brown Rice Pilaf

26  
Omelette w/  
Peppers & Onions  
Home Fries  
Bran Flakes Cereal  
Juice

27  
**Westbeth Closed**  
**Visit other OAC**

28  
**Westbeth Closed**  
**Visit other OAC**

29  
Five Spice Tofu w/  
Barley and Kale  
Cucumber Salad

30  
Turkey Tacos  
Vegetarian  
Vegetable Lo Mein  
w/ Tofu  
Brown Rice  
Mushrooms,  
Peppers & Onions

31  
-Whole Wheat  
Breakfast Turkey  
Burrito  
-Sweet Potato Fries  
-Cheerios



# OUR LADY OF POMPEII OLDER ADULT CENTER - JULY 2026

## LUNCH MENU 12-2 PM

25 Carmine St., NY, NY 10014 | Center Director Sabrina Santiago | 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**

5

6

**Independence Day Luncheon** 7

8

Beef and Chickpea Stew  
Rice Pilaf  
Cole Slaw  
Veg: Chinese Vegetable Stew

9

Baked Turkey Meatballs  
Pasta w Rasta Pasta Sauce  
Spinach  
Veg: Lentil and Mushroom Meatballs

10

Fish Curry  
Sauteed String Beans  
Roasted Spiced Red Potatoes  
Veg: Eggplant & Lentil Curry

11

Fish Curry  
Sauteed String Beans  
Veg: Eggplant & Lentil Curry  
Delight

12

Hard boiled egg  
Raisin Bran Yogurt  
W/ Blueberries

13

Baked Asian Style Honey Chicken  
Veg Lo Mein  
Bok Choy w Garlic  
Veg: General Tso's Tofu

14

Eggplant Chickpea Stew  
Collard Greens w Tomato

15

Beef Picadillo  
Rice & Beans  
Yellow Plantains  
Sauteed Onions & Peppers  
Veg: Chickpea Curry Medley

16

Pumpkin Turkey Chili Sauteed Broccoli w/Mushrooms & Onions  
Veg: Lentil, Spinach & Brown Rice

17

Parmesan Baked fish  
Tossed Salad  
Red Potatoes  
Veg: White Bean, Eggplant & Tomato Cassarole

18

Parmesan Baked fish  
Tossed Salad  
Veg: White Bean, Eggplant & Tomato Cassarole

19

Spinach, Vege & Cheddar Frittata  
Oatmeal Juice

20

Chicken Jambalaya  
Collard Greens  
Veg: Tofu Broccoli Curry

21

Eggplant Parmesan  
Cabbage & Beet Salad

22

Chili Con Carne  
Red beans & Brown rice  
Broccoli w/ garlic  
Veg: Red Lentil Bolognese

23

Turkey Burger  
Roasted Sweet Potato fries  
Spinach Salad  
Veg: Eggplant Parm w/Cashew Ricotta

24

Baked fish w/ Black Bean sauce  
Rice Pilaf  
Brussel sprouts  
Veg: Chipotle Bean & Veggie chili

25

Baked fish w/ Black bean sauce  
Brussel sprouts  
Veg: Chipotle Bean & Veggie chili

26

Omelet w/ Peppers & Onions Home Fries Juice

27

Chicken w Mushroom and Peppers  
Rice Pilaf  
Green Salad  
Veg: Veggie Lasagna Alfredo

28

Five Spicy Tofu w Kale and Barley  
Asian Cucumber Salad

29

Beef Sloppy Joe  
Roasted Root Vegetables  
Veg: Lentil Sloppy Joe

30

Turkey Tacos  
Brown Rice w/ Black beans  
Sauteed Mushroom, Peppers & onions  
Veg: Vegetable Lo Mein w/ Tofu

31

Brazilian Fish Stew  
Roasted Broccoli  
Smashed Red Potatoes  
Veg: Middle Eastern Eggplant and Bean Meatballs






# INDEPENDENCE PLAZA OLDER ADULT CENTER - JULY 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
			<b>Beef &amp; Broccoli</b> 1 White Rice Collard Green w Tomatoes <u>VEG:</u> Tofu and Stir Fry	2 Teriyaki Glazed Fish Rice & Beans Brussel Sprouts <u>Veg:</u> Lentil Stew w Turnips & Carrots	3 <b>HOLIDAY</b>  <b>Center Closed</b>	4 
5 <b>NO BRUNCH</b>	6 <b>Arroz con Pollo</b> Mixed Green Salad <u>VEG:</u> Caribbean Stuffed Eggplant	7 <b>Chipotle Bean &amp; Veggie Chili</b> California Blend Veggies	8 <b>Beef and Chickpea Stew</b> Rice Pilaf Cole Slaw <u>VEG:</u> Chinese Vegetable Stew	9 <b>Turkey Meatba</b> Whole Wheat Pasta Sauteed Spinach <u>VEG:</u> Lentil & Mushroom Meatballs	10 <b>Fish Curry</b> Roasted Red Potatoes String Beans <u>VEG:</u> Eggplant & Lentil Curry Delight	
12 <b>Hard boiled Egg</b> <b>Raisin Bran</b> <b>Yogurt W/ Blueberries</b>	13 <b>Baked Honey</b> Chicken Vegetable Lo Mein Sauteed Bok Choy <u>VEG:</u> General Tso's Tofu	14 <b>Moroccan</b> <b>Eggplant &amp; Chickpea</b> Stew Collard Greens w/Tomato	15 <b>Beef Picadillo</b> Onions & Peppers Yellow Plantains <u>VEG:</u> Chickpea Curry Medley	16 <b>Pumpkin Turkey</b> Chili w/ Broccoli, Mushrooms & Onions <u>VEG:</u> Lentil, Spinach, & Brown Rice Stew	17 <b>Parmesan Baked</b> Fish Baked Red Potato Wedges Tossed Salad <u>VEG:</u> White Bean, Eggplant & Tomato Casserole	
19 <b>Spinach, Vege &amp; Cheddar Frittata</b> Oatmeal Juice	20 <b>Chicken</b> Jambalaya Brown Rice Braised Collard Greens <u>VEG:</u> Tofu Broccoli Curry	21 <b>Eggplant</b> Parmesan Cabbage & Beet Salad	22 <b>Chili Con Carne</b> Red Beans & Brown Rice Broccoli w/Garlic <u>VEG:</u> Red Lentil Bolognese	23 <b>Turkey Burger</b> Roasted Sweet Potatoes Fries Spinach Salad <u>VEG:</u> Eggplant Parmesan w/Cashew Ricotta	24 <b>Baked Fish w/ Black Bean Sauce</b> Rice Pilaf Brussel Sprouts <u>VEG:</u> Chipotle Bean & Veggie Chili	
25 <b>Omelet w/ Peppers &amp; Onions</b> Home fries Juice	27 <b>Chicken w Mush</b> room & Peppers Rice Pilaf Green Salad Veg: Veggie Lasagna Alfredo	28 <b>Five Spicy Tofu</b> w/ Kale and Barley Asian Cucumber Salad	29 <b>Beef Sloppy Joe</b> Roasted Root Vegetables Veg: Lentil Sloppy Joe	30 <b>Turkey Tacos</b> Brown Rice w/ Black beans Sauteed Mushroom, Peppers & onions Veg: Vegetable Lo Mein w/ Tofu	31 <b>Brazilian Fish</b> Stew; Roasted Broccoli Smashed Red Potatoes Veg: Mid Eastn Eggplant & Bean Meatballs	



# CENTER ON THE SQ. ADULT CENTER | JULY 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 Beef &amp; Broccoli White Rice Collard Green w Tomatoes <u>Veg:</u> Tofu and Stir Fry</p>	<p>2 Teriyaki Glazed Fish Rice and Beans Brussel Sprouts <u>Veg:</u> Lentil Stew w Turnips &amp; Carrots</p>	<p>3  <b>CLOSED FOR 4<sup>TH</sup> OF JULY</b></p>	<p>4 <b>Center Closed in Observance of Independence Day.</b></p>
<p>5 <b>NO BRUNCH</b></p>	<p>6 Arroz con Pollo Mixed Green Salad <u>Veg:</u> Caribbean Stuffed Eggplant</p>	<p>7 Chipotle Bean &amp; Veggie Chili California Blend Veggies</p>	<p>8 Beef and Chickpea Stew Rice Pilaf Cole Slaw <u>Veg:</u> Chinese Vegetable Stew</p>	<p>9 Baked Turkey Meatballs Pasta w Rasta Pasta Sauce Spinach <u>Veg:</u> Lentil and Mushroom Meatballs</p>	<p>10 Fish Curry Sauteed String Beans <u>Veg:</u> Eggplant &amp; Lentil Curry Delight</p>	<p>11 Fish Curry Sauteed String Beans <u>Veg:</u> Eggplant &amp; Lentil Curry Delight</p>
<p>12  Hard boiled egg Raisin Bran Yogurt W/ Blueberries</p>	<p>13 Baked Asian Style Honey Chicken Veg Lo Mein Bok Choy w Garlic <u>Veg:</u> General Tso's Tofu</p>	<p>14 Eggplant Chickpea Stew Collard Greens w Tomato</p>	<p>15 Beef Picadillo Rice &amp; Beans Yellow Plantains Sauteed Onions &amp; Peppers <u>Veg:</u> Chickpea Curry Medley</p>	<p>16 Pumpkin Turkey Chili Sauteed Broccoli w/ Mushrooms &amp; Onions <u>Veg:</u> Lentil, Spinach &amp; Brown Rice</p>	<p>17 Parmesan Baked fish Tossed Salad Red Potatoes <u>Veg:</u> White Bean , Eggplant &amp; Tomato Cassarole</p>	<p>18 Parmesan Baked fish Tossed Salad <u>Veg:</u> White Bean , Eggplant &amp; Tomato Cassarole</p>
<p>19 Spinach, Vege &amp; Cheddar Frittata Oatmeal Juice</p>	<p>20 Chicken Jambalaya Collard Greens <u>Veg:</u> Tofu Broccoli Curry</p>	<p>21 Eggplant Parmesan Cabbage &amp; Beet Salad</p>	<p>22 Chili Con Carne Red beans &amp; Brown rice Broccoli w/ garlic <u>Veg:</u> Red Lentil Bolognese</p>	<p>23 Turkey Burger Roasted Sweet Potato fries Spinach Salad <u>Veg:</u> Eggplant Parm w/ Cashew Ricotta</p>	<p>24 Baked fish w/ Black Bean sauce Rice Pilaf Brussel sprouts <u>Veg:</u> Chipotle Bean &amp; Veggie chili</p>	<p>25 Baked fish w/ Black bean sauce Brussel sprouts <u>Veg:</u> Chipotle Bean &amp; Veggie chili</p>
<p>26 Omelet w/ Peppers &amp; Onions Home Fries Juice</p>	<p>27 Chicken w Mushroom and Peppers Rice Pilaf Green Salad <u>Veg:</u> Veggie Lasagna Alfredo</p>	<p>28 Five Spicy Tofu w Kale and Barley Asian Cucumber Salad</p>	<p>29 Beef Sloppy Joe Roasted Root Vegetables <u>Veg:</u> Lentil Sloppy Joe</p>	<p>30 Turkey Tacos Brown Rice w/ Black beans Sauteed Mushroom, Peppers &amp; onions <u>Veg:</u> Vegetable Lo Mein w/ Tofu</p>	<p>31 Brazilian Fish Stew Roasted Broccoli Smashed Red Potatoes <u>Veg:</u> Middle Eastern Eggplant and Bean Meatballs</p>	