




Westbeth Lunch Menu

September 2022

Hot Congregate Meal Hours:

Tuesday-Friday: 1-2pm

Saturday: 11:30-12:30pm

Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pork Medallions w Onion Steamed Broccoli Sauteed String Beans VEGETARIAN Three Bean Chili w Cheese Sauteed String Beans	2 Veggie Burger Rice & Corn Steamed Spinach	3 Citrus Sesame Salmon Steamed Carrots & Peas VEGETARIAN Vegetable Lo Mein Steamed Broccoli Sauteed String Beans
6 Closed for Labor Day	7 Roast Pork Shoulder Roasted Zucchini Mashed Sweet Potatoes Vegetarian Eggplant Parm Sauteed String Beans, Corn	8 Tuna Fish Salad, Pasta Salad, Three Bean Salad VEGETARIAN Spinach Lasagna Carrots & Peas	9 Beef Stew, Egg Noodles, Steamed Spinach VEGETARIAN Vegetable Stew, Egg Noodles, Steamed Spinach	10 Baked Breaded Pollack w Marinara, Steamed Carrots & Peas VEGETARIAN Lentil Croutons, Baked Sweet Potato, Roasted Zucchini
13 Vegetable Lasagna Carrots Peas	14 Beef Stir Fry, Chinese Style Noodles, Steamed Spinach Vegetarian Vegetable Stir Fry	15 Herb Crusted Pork Loin Roasted Potatoes Steamed Broccoli VEGETARIAN Moroccan Chickpea Stew Sauteed Spinach	16 Chicken Salad, Potato Salad, Israeli Salad VEGETARIAN Three Bean Cheese Chili Roasted Potatoes Sauteed String Beans	17 Teriyaki Baked Fish, White Rice, Roasted Zucchini VEGETARIAN Teriyaki Tofu, White Rice, Roasted Zucchini
20 Lemon Chicken, White Rice, Sauteed Spinach VEGETARIAN Vegan Stuffed Peppers, White Rice, Sauteed Spinach	21 Italian Style Pork w Onions, Peppers & Tomato Sauce, Roasted Potatoes, Carrots VEGETARIAN Sweet & Sour Tofu, Roasted Potatoes, Corn	22 Ginger Garlic Beef Stew, Brown Rice, Mixed Veg (non-starchy) VEGETARIAN Ginger Garlic Veg Stew	23 Stuffed Shells w Cheese Roasted Broccoli Corn	24 Baked Whiting, Tomato Sauce, Rice Pilaf, Sauteed String Beans VEGETARIAN Spinach Lasagna w Tomato Sauce, Carrots & Peas
27 Honey Mustard Chicken, Baked Sweet Potatoes, Roasted Zucchini VEGETARIAN Lentil Croutons, Baked Sweet Potatoes, Roasted Zucchini Cupcakes! 	28 Chambres Gandules (Dominican Pork Stew), White Rice, Steamed Carrots VEGETARIAN Dominican Veg Stew, White Rice	29 Vegetable Lo Mein Steamed Broccoli Sauteed String Beans	30 Parmesan Crusted Salmon w/ Marinara, Rice & Corn, Steamed Spinach VEGETARIAN Moroccan Chickpea Stew, White Rice, Sauteed Spinach	ALL LUNCHES INCLUDE: WHOLE WHEAT BREAD, LOWFAT MILK FRUIT and JUICE To be consumed upon <u>delivery</u>