




# Westbeth Lunch Menu

## December 2022

**Hot Congregate Meal Hours:**

Tuesday-Friday: 1-2pm

Saturday: 11:30-12:30pm

Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>ALL LUNCHESES INCLUDE:</b>  <b>WHOLE WHEAT BREAD,</b>  <b>LOWFAT MILK</b>  <b>FRUIT and JUICE</b>  <b>To be consumed upon</b>  <b>delivery</b></p>		<p><b>1</b>            Pork Stir Fry w/ Vegetables,            Yellow Rice, Carrots &amp; Green            Beans  <b>VEGETARIAN</b>            Stuffed Shells w/ Cheese, Corn            Niblets, Roasted Broccoli</p>	<p><b>2</b>            Baked Ziti w/ Cheese, Corn            Niblets, Steamed Spinach  <b>VEGETARIAN</b>            Egg Salad, Cole Slaw, Potato            Salad</p>	<p><b>3</b>            Baked Salmon, White Rice,            Vegetable Mix  <b>VEGETARIAN</b>            Baked Ziti w/ Cheese, Corn            Niblets, Steamed Spinach</p>
<p><b>6</b>            General Tso's Chicken, White            Rice, Vegetable Mix  <b>VEGETARIAN</b>            Vegetarian Chili, White Rice,            Vegetable Mix</p>	<p><b>7</b>            Vegan Meatballs in            Tomato Sauce, Roasted Potato,            Steamed Carrots  <b>VEGETARIAN</b>            Vegan Meatballs in Tomato,            Pasta, Roasted Broccoli</p>	<p><b>8</b>            Minced Pork w/ Peas, Yellow            Rice, Steamed Green Beans  <b>VEGETARIAN</b>            Baked Beans, Yellow Rice,            Steamed Green Beans</p>	<p><b>9</b>            Beef Stew, Egg Noodles,            Steamed Broccoli  <b>VEGETARIAN</b>            Baked Egg Omelet, Home Fries            w/ Pepper &amp; Onion, Vegetable            Mix</p>	<p><b>10</b>            Citrus Orange Salmon, White            Rice, Brussel Sprouts  <b>VEGETARIAN</b>            Veggie Grilled Burger, Roasted            Potato, Sautéed Spinach</p>
<p><b>13</b>            Eggplant Parmesan            Sautéed Green Beans            Steamed Peas</p>	<p><b>14</b>            Tuna Fish Salad, Pasta Salad,            Garden Salad  <b>VEGETARIAN</b>            Black Eyed Pea Salad, Pasta            Salad, Potato Salad</p>	<p><b>15</b>            Roasted Pork Shoulder,            Roasted Potatoes, Roasted            Zucchini  <b>VEGETARIAN</b>            Tofu Broccoli Curry, White Rice,            Sautéed String Beans</p>	<p><b>16</b>            Salisbury Steak, White Rice,            Steamed Broccoli w Soy Sauce  <b>VEGETARIAN</b>            Baked Mac &amp; Cheese, Steamed            Green Beans, Steamed Peas</p>	<p><b>17</b>            Lemon Garlic Baked Fish,            Mashed Potatoes, Steamed            Carrots  <b>VEGETARIAN</b>            Egg Salad, Cole Slaw, Potato            Salad</p>
<p><b>20</b>            Vegetable Lasagna            Steamed Carrots            Steamed Peas  <b>Happy Birthday</b>  <b>December!</b></p> 	<p><b>21 Holiday Lunch!</b>            Roasted Chicken, Roasted            Potatoes, Yellow Zucchini,            Dinner Rolls, Cake, Egg Nog  <b>VEGETARIAN</b>            Vegetarian Chili, White Rice,            Vegetable Mix</p>	<p><b>22</b>            Chicken Salad, Cole Slaw, Pota-            to Salad  <b>VEGETARIAN</b>            Chickpea Salad w/ Tomato,            Cole Slaw, Potato Salad</p>	<p><b>23</b>            Beef Stir Fry w Vegetables,            Yellow Rice, Steamed Spinach  <b>VEGETARIAN</b>            (2) Cheese Blintzes, Baked            Sweet Potatoes, Roasted            Zucchini</p>	<p><b>24</b>            Sweet Orange Salmon, White            Rice, Roasted Zucchini  <b>VEGETARIAN</b>            Cheddar &amp; Potato Bake, Pasta            Primavera, Sautéed Green            Beans</p>
<p><b>27</b>  <b>Center Closed in Observance</b>  <b>of Christmas Day</b></p>	<p><b>28</b>            Pork &amp; Beans, Yellow Rice,            Steamed Carrots  <b>VEGETARIAN</b>            Baked Beans, Sautéed Green            Beans, Steamed Carrots</p>	<p><b>29</b>            Stuffed Shells w/ Cheese            Corn Niblets            Roasted Broccoli</p>	<p><b>30</b>            Ginger Garlic Beef Stew, White            Rice, Vegetable Mix  <b>VEGETARIAN</b>            Baked Egg Omelet, Home Fries            w/ Pepper &amp; Onion, Vegetable            Mix</p>	<p><b>31</b>            Salmon in Garlic Butter,            Roasted Potato, Sautéed String            Beans  <b>VEGETARIAN</b>            Chickpea Stew, Roasted Potato,            Sautéed String Beans</p>